

**The Our Ultimate Reality Newsletters**

**The  
Our Ultimate Reality  
Newsletters**

**Volume 2 - 2006**

**Adrian P. Cooper**

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Volume 2 - 2006**

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**1 January 2006**  
**New Years Attraction**

Many people start each year with hope that the next 12 months will bring much better "luck", "fortune" "chance" and other such hopes.

In reality of course there is no such thing as "luck", "fortune", "chance" or other such notions. These are purely human constructs that are designed to ascribe situations, circumstances or blame to some sort of imaginary external "forces".

We must start this New Year therefore by keeping one thing above all others in our Minds - **we all create our own realities**. There are no exceptions to this. The Universe is immutable in its perfection, never for a single moment causing anything to happen by "luck", "chance", "fortune" or other such notion that is a proxy for personal responsibility. If these things did exist, even for a fraction of a moment, the Universe would collapse in chaos, and everything that has been created would cease to exist, plain and simple.

So what is the best way of starting 2006? What single resolution can you make to change your life for the better? How can you create and attract the life of your dreams?

The single most powerful thing you can resolve for the New Year is:

**From this moment forth I will create my own reality. I will attract into my life everything I wish for, need and desire because I know that I am an infinite, immortal, Spiritual being, and there is absolutely nothing that I cannot be, do or have.**

## 1 January 2006 – New Years Attraction

Take time today to sit down and relax as deeply as possible, and then consider very deeply what your greatest wishes, needs and desires really are. These must not be fantasies, Ego driven or based upon a desire to be better than others, but rather your most profound dreams of your ideal life.

Before you can attract anything into your experiential reality you absolutely must know, beyond **any** doubt in your Mind what you really want. This is a crucial step in changing your life for the better, forever, so consider, think and meditate upon this deeply until you know, from within **exactly** what you desire.

When you know what you desire write it down with a pen on a sheet of paper in large letters, and as you do so feel the excitement, satisfaction and gratitude and if it is already an absolute reality in your life. It is in fact already an absolute reality - all you need to do now is bring that your reality into your life where you can experience it.

Next take time to feel all the emotions associated with experiencing your desire. If for example it is a new home, then with your imagination take a tour around your home, walking into each room in turn, admiring the space and all of your idea furniture, smell the fragrances associated with the room and all of its other characteristics. Finally, after your tour of your dream home sit down and feel the satisfaction, happiness and above all gratitude for attracting such a magnificent home.

Now place your sheet of paper in a safe place to refer to frequently.

You have now sown the seed for attracting your desire. It already exists - all you need to do now is to bring yourself into vibrational harmony with your desire in order for it to

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become a physical, experiential reality. You must never, ever have any doubts about this, even for a single moment. If a doubt does creep into your Mind immediately switch your thoughts to experiencing your desire.

It is your thoughts that create your reality - there are no exceptions to this. We must all accept responsibility for the results of our own thoughts and resolve to only allow positive, expansive, creative thoughts from this moment forth.

It is also extremely important to know that there is no such thing as "past" and "future" there is only **Now**. It does not matter what you have experienced previously as a result of your own thoughts, and what valuable lessons you have learned in the process, you can only create your reality in the present moment of **Now** and therefore the thoughts that you hold in your Mind Now are the very thoughts that are creating your own reality **Now**.

With this knowledge comes responsibility. We can no longer blame parents, bosses, governments for our "lot" in life, we must accept the fact that our "lot" is precisely, exactly and immutably what we have created for ourselves as a direct results of our thoughts - there are no exceptions.

Having created our desires we must now attract them into our experiential physical reality where we can enjoy them, and my book, **Our Ultimate Reality** sets out in great detail by way of a step by step method how this may be accomplished.

One of the main secrets for attracting your desires much more rapidly is to bypass the logical, questioning, Ego driven conscious Mind in order to program the Subconscious Mind for your desires.

## **1 January 2006 – New Years Attraction**

The Subconscious Mind is around 90% of our total Mind, and being in continuous communication with the Superconscious Mind, the Universe, also known as "God" is extremely powerful. Your Subconscious Mind is sublime and never, ever questions your thoughts. Your Subconscious Mind can therefore bring you into vibrational harmony with your desires much more rapidly than can your conscious Mind. If therefore you can "program" your Subconscious Mind to accept your wishes, needs and desires, they will manifest in your experiential physical reality **much** more rapidly.

**8 January 2006**  
**Good and “evil”**

The definition of "good" and "evil" is something I receive very many messages and questions about, especially subsequent to previous newsletters where we have touched upon these issues briefly.

The very first thing we must recognise is that the perception of "good" and "evil" are purely human constructs contrived from a very narrow perspective of the Universe as a whole.

This is not necessarily a bad thing - our perception of the Universe must be necessarily restricted to where we are on the great path as immortal, infinite Spiritual beings - children at kindergarten, which is where we analogously are in the great Universal scheme of things, cannot possibly be expected to comprehend the advanced type of subjects taught at University such as for example quantum physics. There is always a learning process to be followed and experienced.

Our perception therefore is always relative to our ability to comprehend. Endeavouring to comprehend the magnificence of what lies ahead for each and every one of us on the Divine path would be futile, because at this stage of our evolution we do not have the capacity based upon current experience comprehend such splendours

We can all rest easily however in the knowledge that as infinite, immortal, Spiritual beings travelling the great path of live back to The Source, one day we will indeed experience in full the glories of what lies ahead.

## **8 January 2006 – Good and “evil”**

Until then, we must use what we experience in physical reality as a benchmark. This is all very well but unfortunately these perceptions can be and very frequently are distorted beyond all recognition, and it is therefore extremely important to regain a proper perspective before true progress can be made.

Of all the distorted perspectives of human beings, few are more distorted and misunderstood than these vexed issues of “good” versus “evil”.

There are many reasons why "good" and "evil" are so confused. One person's idea of "good" might well be the next person's idea of "evil". In fact both people would be incorrect because there is no such thing as "good" or "evil" in absolute Universal terms, there is only “experience”.

We can demonstrate the relative perceptions of good and evil by considering this question as an example:

What entity has, over the centuries been responsible for the most unspeakable atrocities, including but certainly not limited to all forms of torture, executions, burning people alive, numerous forms of slow, painful death and the brutal murder of countless millions of innocent men, women and children.

Answer: the Christian church.

Now let us take a closer look at this fact. The Christian church is generally considered to be "good". The clergy who serve within the Christian church claim to know and represent the "will of God", and it is in this way they exert their control and authority over congregations. This control is reinforced by the threat of damnation and hellfire if a

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person does not go to church, "worship God" and accept Jesus as their saviour.

These are all acts of a very cruel, mentally as well as physically barbaric organisation, but yet they are still perceived by many to be a force for the ultimate good that people look up to and very often rely upon.

At the same time people like Hitler, Stalin and more recently Bin Laden and other contemporary" extremists" are considered to be extremely "evil".

If however we put all emotions aside and critically analyse and compare Hitler, Stalin and Bin Laden with the Christian church, what do we find? We find that by comparison Hitler, Stalin and Bin Laden are the equivalents of the general perception of Mother Teresa.

I realise of course that these observations will no doubt upset a few people, but unless we face the facts we are unbalanced, and if we are unbalanced we cannot possibly evolve until such time as we become balance. The entire Universe at all levels, in both the Macrocosm and the Microcosm must have absolute balance. Without balance the Universe would collapse into chaos in an instant and soon thereafter completely cease to exist.

We **are** the Universe - **we are God and God is us** and therefore we must always strive for balance. One of the very reasons we live for now in the physical world is because we can be unbalanced at a physical level without harming the Universe as a whole. If we are unbalanced we "only" harm ourselves and those around us. But again, before we can transcend the cycle of re-incarnation in order to progress on the great path of life, we must attain balance and equilibrium at all levels - body, Soul and Spirit.

## **8 January 2006 – Good and “evil”**

So how does this relate to the question of "good" and "evil"? When we talk about balance we are not just talking about the aspect of ourselves currently incarnate on Earth, i.e. that aspect of "you" currently reading this newsletter. Our "real" self is our "Higher-Self" which is a composite of all of our "Selves". It is therefore our Higher-Self that eventually, having gained all necessary experience, moves on to greater things in order to provide the benefit of that experience to our "Higher-Higher-Self" and ultimately to our Highest-Self - The Source, The First Cause, God. This is how "God" experiences, evolves and expands, and accordingly why the Universe as a whole is in a perpetual state of evolution and expansion.

We hear many people say such words to the extent "God would never allow this horror" or "no real God would cause such suffering" and so on. Both of these observations are false. Suffering and pleasure is exactly the same thing, varying only in degrees of polarity. Without suffering there can be no pleasure because there would be no benchmark for either. Without experiencing one you cannot possibly comprehend the other. The same applies for any polarity be it "hot" and "cold", "high" and "low", "light" and "dark", in all cases it is impossible to know one way or the other.

Our Higher-Selves therefore, in order to become balanced and able to evolve on to greater things must experience the entire spectrum of extremes including "good" and "evil". Therefore, although this is a "good" incarnation of yours, concurrently, in some other "time" period relative to the Earth concept of "time" you will also have a very evil incarnation as well as numerous "average" incarnations - in fact you will have a string of concurrent incarnations along the entire "good"/"evil" polarity. As I mentioned previously, it is quite possible for example for Hitler and

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Mother Teresa to the one and the same person. That is not to say that there are of course.

So in summary - there is no true "good" or "evil", only experience".

In conclusion however I must emphasise that this knowledge is **not** an excuse to do things considered to be "evil". It is absolutely **not** the task of your incarnation reading this newsletter to be "evil" - you have other incarnations experiencing "evil" it is not your task to experience it as well. It is not the task of your current incarnation here on Earth.

Even though "good" and "evil" exist side by side the great Universal Law of Cause and Effect of which "karma" is an aspect still exerts its immutable influence. It is by experiencing the results of Cause and Effect - karma - that we learn. So if you do something that is considered to be "evil", notably something that knowingly causes suffering to others as a "cause", you can fully expect to experience the corresponding "effect" to the extent that you will suffer in the same degree and thereby learn from your own actions.

Notwithstanding the truth about "good" and "evil" therefore, your number one priority should not be yourself, but rather to enhance the quality of life of others, and thereby, in accordance with the immutable Law of Cause and Effect, you will enhance the quality of your own life in the same degree.

**15 January 2006**  
**The Power of Subliminal Messages**

One of the major secrets to success with anything at all, be it wealth, health, success or anything else at all that you desire is to bypass the conscious Mind in order to access the immense powers of the Subconscious Mind. The Subconscious Mind is around 90% of your total Mind power as opposed to the 10% of our Mind that we usually use in our normal daily waking state.

The Subconscious Mind is sublime - that is to say that it will unquestioningly accept anything and everything we submit to it, and will then act upon our instructions thereby bringing our vibration into complete harmony with our desires, thus enabling them to manifest into our life where we can experience them in full.

In order to access the infinite potential of the Subconscious Mind we first of all have to bypass the logical, reasoning, Ego driven filters of the conscious Mind which will always intercept our instructions in the form of our needs, wishes and desires in order to analyse them to "decide" whether or not they are "in our best interests"

Of course, the "interests" of our conscious Mind are not always, and in fact rarely are consistent with our "best interests". The conscious Mind is only interested in control and in maintaining the status quo of whatever gives it the most gratification based on the demands of the Ego.

Again, It is absolutely crucial if we are to progress and to attract into our experience all that we need, wish for and desire that we have to bypass the conscious Mind, which might also be seen as our adversary, in order to access the infinite power of the Subconscious Mind, which in turn will

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bring us into vibrational harmony with our needs, wishes and desires so that the super-conscious Mind, The Universe, can subsequently materialise them into our experiential reality where we can enjoy and benefit from them.

By continually repeating our desires in the form of short statements phrased in the present tense, in other words in the form of affirmations, gradually the message will filter through the conscious Mind to reach the Subconscious Mind which will then act upon them to bring the object of the affirmations into your experiential reality.

Affirmations are particularly powerful just before sleep and just after waking due to the fact that we are in, or close to the "theta" frequency range which brings us into much closer contact with the Subconscious Mind, which in turn can receive your affirmations much more directly and subsequently act upon them

It is clear therefore that the key to attracting our wishes, needs and desires is to bypass the filters of the conscious Mind in order to directly access the infinite potential of the Subconscious Mind.

There are several ways of accomplishing this and in fact this is one reason why I developed Mind Power Studio. Over the years I have heard of and from literally thousands of people who have been faithfully and frequently repeating affirmations without much success. And there is nothing like a lack of success to attract even more of a lack of success as the Law of Attraction works immutably in all directions. If we experience a lack of success then we begin to believe that we will never succeed and that then becomes our reality.

## 15 January 2006 – The Power of Subliminal Messages

Ironically it is much easier to attract a lack of success, as many people have discovered, due to the fact that this is very often what the conscious Mind wants in maintaining its Ego driven status quo, and will therefore have its full cooperation. So in this case you have both your conscious and Subconscious Mind working against you.

I have found over the years that it is human nature to want as much as possible in return for as little effort as possible, which of course is understandable in the busy lifestyle of today. After all, no one really wants to spend all day repeating affirmations. As discussed in previous newsletters however, it is absolutely vital to be totally conscious of your thoughts at all times, your thoughts creating your reality. Only allow thoughts that are consistent with your needs, wishes and desires and dismiss everything else immediately.

So how then can we attract our desires with the minimum of time and effort?

Enter “Subliminal Messages”.

The official dictionary definition of “*Subliminal*” is:

*“Below the threshold of conscious perception”*

Which of course are precisely our objectives. By sending affirmations “*below the threshold of conscious perception*”, we can much more quickly, easily and effectively access the power of the Subconscious Mind to our considerable benefit. So what then are our options for achieving this?

There are two main methods by which we can use subliminal:

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Audio subliminal and Visual subliminal messages.

In both cases our objective is to get our message in the form of an affirmation stated in the present tense through to the Subconscious Mind without the conscious Mind intercepting, analysing and subsequently rejecting it.

Fortunately the range and speed of perception of the Subconscious Mind is considerably greater than that of the conscious Mind. Visually the Subconscious Mind can perceive and understand visual messages that are not perceivable by the conscious Mind. The same applies to audio messages where the ears can hear and perceive audio messages that are not perceivable by the conscious Mind.

For visual subliminal messages this means flashing the messages at such a speed and at such a frequency that only the Subconscious Mind can detect them.

For audio subliminal messages this means playing the messages at a frequency that cannot be perceived within the conscious hearing range of the human ear. Mind Power Studio includes advanced technologies to accomplish both of these objectives.

Subliminal Mind Power is an advanced software application that continually runs automatically while using your PC, flashing thousands of subliminal messages every day containing affirmations of your choice, effortlessly while you use your PC for your regular purposes. While there is no such thing as "something for nothing" Subliminal Mind Power comes close as it continuously works on attracting your wishes, needs and desires while using your PC.

## **15 January 2006 – The Power of Subliminal Messages**

An illustration of how powerful subliminal messages are can be seen on the British TV program hosted by Derren Brown, during which he flashes the message "Forget" at the back of the stage facing the audience. Even though the message is only flashed a few times during the show, most of the audience upon leaving the theatre cannot remember anything of the show they have just seen.

So powerful is visual subliminal messaging that it was even banned by law for many years by the US government from all types of visual media including television and the cinema.

These days there has been a complete turnaround as many large organisations make use of subliminal messages to improve the performance of employees for which it is very effective. This of course is done with the knowledge and approval of all concerned.

Audio Mind Power is the component of Mind Power Studio that includes true silent subliminal messages. These messages are affirmations that are played just above the threshold of hearing of the human ear, again so only the Subconscious Mind can perceive and act upon the affirmations. Using Audio Mind Power you can easily create your own highly advanced MP3 tracks incorporating binaural beats created with Binaural Mind Power and silent subliminal affirmations is a very powerful combination.

Another extremely powerful method of programming your Subconscious Mind effortlessly while using your PC is to run Subliminal Mind Power affirmations on your screen, while playing silent audio Subliminals created with Audio Mind Power unobtrusively through your PC speakers, thus enabling you to program your Mind for success without any effort at all on your part, in fact it is a pleasure to use.

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Over the last 100 years or so there have been great advancements in the understanding of The Law of Attraction and the importance and power of the Subconscious Mind. In the coming years we will see technology increasingly used to maximise the potential of the Subconscious Mind in attracting all of our wishes, needs and desires.

I am frequently asked how long it takes to start seeing tangible results from these Subconscious programming techniques.

The answer is it takes an average of 30 days of frequent, consistent use of these methods, but of course everyone is unique and whereas some people might see results within a few days, it might take others several months. Consistency is the key however. If you miss a few days you will be effectively back at the beginning.

This can be illustrated by an experiment carried out by NASA for the space program. Trainee astronauts were given a special pair of glasses to wear that caused everything they view to be inverted so it was upside down. Their task was to adapt to this "upside down" environment. The astronauts had to wear these special glasses almost all the time with very few temporary exceptions.

For around 30 days everything seemed to be upside down. But after 30 days on average suddenly everything appeared to be the right way around, just as it would be without the special glasses. The Subconscious Mind had learned that the glasses were a "trick", and placed everything viewed the right way around once again, thereby overriding the physical effect of the glasses. The glasses had not changed, only the Mind had changed.

## **15 January 2006 – The Power of Subliminal Messages**

However, if an astronaut stopped wearing the glasses for a few hours it became necessary to start over again, and it took a further 30 days on average for the Subconscious Mind to adapt.

**22 January 2006**  
**Seasonal Emotional Vibrations**

I have mentioned this in a previous newsletter, but due to the messages I receive from people who are clearly being affected by seasonal influences it is well worth mentioning again.

In the more northerly parts of the northern hemisphere we are in the depths of the colder, darker winter months. This is a time of the year where the vibrations of many are at their lowest ebb.

For many this might result in "feeling low". Sadly for many others it results in mental illnesses that can manifest in all sorts of ways ranging from depression even to thoughts of suicide, which, according to statistics, unfortunately some at this time of the year to its final conclusion.

There is no real reason for this except for the effect the darker mornings and nights and often damp, cold and dreary weather has on the Mind, which in turn perpetuates itself by The Law of Attraction to an even "lower" position of vibration and therefore of feelings.

It is important therefore, as I mentioned in a previous newsletter, to do anything and everything you can to keep your vibrations and therefore your "spirits" high, which we can do in many ways. For example you can take time each day to meditate on the occasions you enjoyed during the past warmer seasons and what you have to look forward to during the coming warmer, lighter months. You can play your favourite music and use your favourite fragrance such as scented candles, incense, even air fresheners - anything that means something to you and makes you feel happy.

## **22 January 2006 – Seasonal Emotional Vibrations**

As well as feeling much happier, a valuable side benefit is that you will automatically attract into your life much more of what you are focussing on due to your much higher level of vibration. The higher your vibration the more easily you can attract all of your wishes, needs and desires by The Law of Attraction, particularly when you are fully aware of every thought, and only allow those thoughts that are consistent with the life you truly desire.

And at a time of the year where seasonal diseases abound, such as colds, "flu", viruses of various sorts, the higher your vibration the less likely you are to contract and suffer from these conditions.

At the same time we must be constantly vigilant of noticing other "unwell" people around us, imagining you feel unwell, and repeating to yourself such words as "I feel unwell" or "I must be catching a cold" or "I am going down with the flue". These are all powerful affirmations that your Subconscious Mind will accept and bring into your reality, thereby making your observations self-fulfilling.

So in addition to keeping your vibrations high, constantly affirm you yourself how well you are feeling and that will be your reality.

Ultimately the "seasons" are an effect of the physical world in which we live for now. We do not create our reality at a physical level we create our reality at a mental level beyond the temporal characteristics of "space" and "time". By remembering this important fact and living and thinking accordingly, it can be summer in our Minds all year around with the benefits that brings.

**22 January 2006**

**Crystals, herbs, candles, spells and rituals**

I receive a large number of messages that go something like this:

"What sort of candle should I burn to attract someone to me?"

Or: "what colour crystal should I use to attract more money"

Or: "what sort of herbs should I use to protect my home?"

I am also frequently asked for "spells" for many purposes.

All of these come under the general heading of "magic". It is time therefore that we take a closer look at the reality of "Magic".

The first question we must ask is whether "magic" including the use of herbs, candle burning etc. actually work?

The answer is yes - they most certainly can and often do work.

What we must really ask ourselves however is why they work and is there a better way?

First we must define "magic". Magic is in fact an ancient and sacred science which derives its name from a group of ancient initiates known as the "Magi". The Magi, like all initiates were disciplined in the use of natural Universal laws which they used to consciously create their own reality. Magic is not about waving a "wand" around and

## **22 January 2006 – Crystals, herbs, candles, spells, and rituals**

uttering some form of "spell" except in fantasy books and films.

This is the basis of all "Magic". In fact everything is Magic - every thought we have, without exception is "Magic" in the truest sense, because every thought influences the Energy around us as a cause which must result in its corresponding effect.

Magic is not about the stage illusionists, prestidigitators and other tricksters who are simply entertainers using sleight of the hand - skilled though they might sometimes be at their art.

So how does "magic" relate to crystals, herbs, candles and other regalia?

All of these focus, guide and concentrate our thoughts, and it is that that results in the true "magic". The very act of burning a candle, holding a crystal of a certain colour or reciting a verse in the form of a "spell", in and of themselves are totally meaningless.

We can illustrate this by taking a look at crystals as an example.

Green crystals such as emerald, jade or Aventurine are frequently associated with money, riches and wealth. The reason for this is that paper "money", which is a purely human construct that has only been around for a hundred years or so, is often in the form of green coloured notes e.g. the "green back". So "green" and "money" have become synonymous with each other.

However, if we take a look at the logic behind this we find in fact there is no logic at all. Green crystals have been in

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the Earth for billions of years, created by the forces of nature, whereas money in the form of green notes has only been around for hundreds of years at the most. So why should these ancient and natural products of nature suddenly be capable of attracting money which is purely a human construct, simply by virtue of the fact they are both green?

The same can be said about the use of any crystal and indeed any natural thing such as herbs for example. It should be pointed out however that whereas herbs have no "magical" properties, they can have very powerful medicinal properties and can be extremely valuable as such. Human beings were always intended to live from the fruits of nature, provided for us on this planet as an aspect of the supreme act of creation, along with our own Divine powers of creation as aspects of the Supreme Creator. We were never intended to make chemical concoctions known as "medicine" or carve our bodies around in the guise of "surgery" in order to remain healthy.

We all, without exception, have the "God given" powers as creators of our own reality to have, be or do anything at all that we deem necessary for our own evolution.

Going back to "magic", why then do crystals, herbs, candles etc. often work? The answer lies in the fact that we are still applying The Law of Attraction, but using crystals, herbs, candles, spells and rituals, among other things, as instruments of focus, emotion and belief - all of which are fundamental in attracting our wishes needs and desires.

When a person carries with them an emerald, or places a piece of jade in a shop till, or an Aventurine crystal under a pillow, they do so in the expectation that it will bring them money. This expectation is based upon belief which in turn

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is based upon what the person has been led to believe by reading about it or being told about it somewhere. It is this belief and expectation that results in more money arriving into the reality of the person.

As a person experiences success with a crystal or whatever, the more confidence they have in the process and the more success they enjoy as a result.

This process applies to anything be it crystals, herbs, spells, rituals etc. The object itself has no inherent "magical power" whatsoever. It is the belief in the process that is the true Magic, because it is the thought processes that are associated with it that influences the Energy around that person causing the person to vibrate in harmony with their desires, thus causing the need, wish or desire to manifest in accordance with the Law of Attraction.

An excellent natural example of this is the "holy" waters at Lourdes. Every year thousands of pilgrims trek to Lourdes in the expectation of becoming healed by the "holy waters". It is not however the waters that often brings about a cure, but rather the expectation of the cure that brings it into reality by The Law of Attraction.

The reason Lourdes water is so successful by comparison with other "holy" places is because over the years, as more and more people have reported "miracles" as a result of contact with Lourdes water, its reputation as a powerful healing source has increased, and therefore the expectations of the pilgrims have increased as well.

Therefore, as with anything be it crystals, herbs or spells, the ability of attracting a "miracle" from Lourdes water is directly proportional to the expectations of the person

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together with their faith, belief and gratitude - this is true Magic as defined by The Law of Attraction.

With this knowledge we now know that we do not have to buy crystals, herbs or burn candles, unless of course we enjoy them for what they truly are which is a good reason for having them, i.e. for their natural beauty, fragrance, associations etc., in order to attract all of our wishes, needs and desires, or to trek to distant "holy places". We rather only need to understand and apply The Law of Attraction in order to live a truly magical existence where we can effortlessly attract all of our wishes, needs and desires however seemingly large or small, the process for which is set out in full in my book, Our ultimate Reality.

## **29 January 2006 – High Vibrations and Law of Attraction**

### **29 January 2006 High Vibrations and Law of Attraction**

Every week I receive many messages from people asking about how they can attract something specific into their life, heal a specific ailment or generally enjoy a happier, healthier, wealthier life than they are experiencing right now.

An important thing to keep in Mind at times like this is that there is no "past" or "future" - these are simply human constructs based upon the perceptions of the conscious Mind based upon observation of the space-time continuum in which we are focussed for the time being.

In reality there is only Now. You create your reality Now, so whatever has happened in a notional "past" or a perceived "future" is irrelevant except to the extent you believe it.

Our Ultimate Reality describes the process of attracting your wishes, needs and desires in the precedent moment of Now in detail, and Mind Power Studio provides all the tools to support those processes. However, as we have discussed in previous newsletters an absolutely fundamental prerequisite to attracting your desires is your ongoing level of vibration. By this we mean the vibration of your physical, Astral and Mental, i.e. Spiritual bodies.

Quite simply - the higher your Vibration, the more quickly you will attract all your needs, wishes and desires whatever they might be.

Conversely, low vibration results in attracting more of the things that are not required, desired or wished for, and

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worse this can be and very often is a self-perpetuating process, and the reason your life can very quickly seemingly spiral out of control, resulting in exactly the things you do not want to experience.

In previous newsletters we have discussed various ways of keeping your vibrations high, particularly in the northern hemisphere where the dark, cold and wet days of winter can easily affect vibrations.

One of the most important things we need to be aware of and practice is positive thinking which is an important aspect of the Law of Attraction that quite simply cannot be underestimated or overemphasised.

In accordance with Universal laws and in particular the Law of Attraction, the way in which we think and the thoughts that we hold most strongly in our Minds have a most profound effect on our lives in almost every way, and indeed much more so than most people might realise or believe. To many people a thought is something intangible in that it cannot be seen or even measured as a thought by scientific instruments. Nevertheless, thought, like everything else in the Universe is Energy, and Energy influences other Energy.

Just because thought Energy exists far behind the measurement of current scientific equipment being a very high frequency form of Energy, does not make it any less real or profoundly important to everyone.

All thought is vibration, Energy, and therefore a cause will always in turn, without any exception always yield a corresponding effect upon the appropriate plane. When a person is feeling worried or negative about something they will often be told to "think positively". Neither the well

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meaning person who proffered these words or the person for whom it was intended or the recipient of those words will usually truly appreciate the very considerable significance and profoundest importance of this excellent advice, which are often simply dismissed as mere sentiment.

In my book, *Our Ultimate Reality* we look at the structure of the Universe and how we can all affect our own lives, those of others and indeed the Universe as a whole by the way people think and apply the imagination and other powers such as emotion. This is because everyone without exception is an integral aspect of the Universe, The Source, of God, and also most importantly in this context of the Energy of the mental plane of the group human Mind.

The laws of attraction and correspondence are always in operation whenever we project thoughts, ideas, emotions and anything at all involving our imagination. In all spheres of life, including the physical world, like always resonates with like - if you therefore focus on something negative it will result in the resonation of the corresponding negative Energy, in turn resulting in the attraction of more of the same negative Energy and corresponding negative circumstances, in other words negative effects. Of course, the very same principle also applies with positive thinking - positive thoughts will always result in the resonation of positive Energy, in turn attracting the corresponding positive results.

Many people can and unfortunately frequently do become trapped within a vortex of negativity due to perceived negative things happening in their lives. For example, they might have lost their employment, feel stuck in an unhappy relationship, physically experiencing a lack of money or any one of numerous other such possible adverse

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circumstances of the sort faced by millions of people every day. Many people are for example understandably worried about a lack of money for the provision of basic daily needs. What most people do not realise is that by dwelling on these perceived problems, constantly thinking about them and imagining the worst, thereby influencing the corresponding Energy, they are automatically bringing more of exactly the same problems into their lives thereby compounding the problem even further as it becomes self-perpetuating.

Thinking about lack results in more lack, thinking about abundance results in more abundance, such is the way of the Universe - the power of thought should never, ever be underestimated. It is for these reasons that the wealthy often become even wealthier and the poor often become even poorer - everyone is constantly creating their own reality in exact accordance with the way they think and perceive their own existence and reality, whether it is from a positive or negative perspective.

Everyone without exception is a creator in the microcosm, the physical world which is our main focus of existence for the time being. This is a "God given" aspect of all human beings - we all have the freewill and the power to determine the content of our own individual lives, destiny and evolution. The way in which we think and the Energy we put behind those thoughts are therefore extremely important. It is particularly important, no matter how difficult circumstances might seem to be, to think as positively as possible at all times. For example, if you were to attend a job interview with negative feelings about the prospects of being awarded the position you applied for, then you will most probably not receive the position. If on the other hand you go to the job interview knowing beyond any doubt whatsoever that you will be offered the position,

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then the chances are you will indeed be awarded the position you sought and emotionally wanted so much, while never doubting for a moment that you would achieve it.

Your positive thought Energy will, through the level of the group human Mind, influence the Mind of the interviewer in your favour. This is why many successful business people almost always succeed in consistently winning large business deals - they always know beyond any doubt in their own Minds, even before they enter into the initial negotiations that they will certainly win the deal without question. The thought of not winning such a deal never even once enters the Mind of the business person - they simply know it as a forgone conclusion.

Exactly the same principle applies within life in general - only by thinking the most positive thoughts while excluding all negative thoughts, and by imagining the most positive things happening in your life with as much emotion and positive Energy as possible at all times, will you attract only those most positive things you truly desire.

On a more conscious level, if you really need something in particular to happen in your life, endow whatever it is you need to happen with as much positive emotional Energy as you possibly can.

Never, ever think even begin to think, even for a single moment that it cannot happen for you, because it most assuredly can - the Universe has infinite abundance, anything and everything is possible, and everyone really can have anything they truly need and desire.

This is all well and good someone might say, but I am genuinely in severe financial trouble and as a result my

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relationship is genuinely suffering. Difficult though situations such as this surely are, it quite simply cannot be stressed enough that the more the person negatively dwells on their perceived situation the worse it will surely become due to the immutable Universal laws operation, including the Law of Attraction. The more someone focuses on a perceived lack of money, the less money they will receive. The more they focus on a perceived failing relationship, the more that relationship will surely fail.

The solution to these situations is to break out of the self-created vortex of negative thinking and to start thinking only in the most positive terms at all times. It is particularly important to go to bed at night thinking only the most positive thoughts, never dwelling even for a minute on any situation in negative terms. Just before sleep the link to the Subconscious Mind, which in fact is by far the largest aspect of Mind, is particularly powerful, and will in turn influence the Energy of the inner planes of life and reality, which in turn once again will sooner or later manifest into physical reality.

Always therefore think in terms of plenty as if all genuine needs have already been met. As previously mentioned, it is most important to know beyond any doubts whatsoever that whatever you desire and focus on will already become your reality in the inner worlds, and which realities therefore must also manifest into your physical world in accordance with the Universal laws of attraction and correspondence - "as above, so below, as below, so above".

As with the use of all inner abilities, all thoughts must be in the present tense. For example, never, ever think in terms of "I want more money" or "my relationship will improve" or "I need a better job". The use of the words "want", "will" or "need" will simply make matters worse, the implication

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being that a problem already exists, and therefore "I want" will place you in a state of perpetual "wanting". The correct way of thinking therefore is - "I have plenty of money" or "my relationship has never been better", or "I have never been healthier".

Mind Power Studio includes all of the tools necessary to create affirmations both on a liminal and subliminal level to reinforce this level of positive and focussed thinking.

Within the inner spheres of life and reality where thought Energy takes shape, there is no concept such as space or time. Our positive Energy will therefore first of all influence the corresponding Energy of the Universe before manifesting, under the influence of thought as a desire in the inner Energy realms of the Universe beyond the limitations of time and space, subsequently, in immutable succession, manifesting into the material world in the same way.

Of course these manifestations will not usually happen immediately, but the more positive Energy in the form of concentrated thought, emotion and imagination is placed behind a thought or desire, the sooner the desire will positively manifest as an observable effect that can tangibly experienced in individual physical life within the material world.

It is most important to maintain this positive Energy, charging it with as much positive emotion as possible - any negative Energy will neutralise any positive Energy previously projected into the Universe, thereby cancelling it out.

If a negative thought ever enters your Mind it is very important to be aware of it, and to replace it immediately

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with a corresponding positive thought, preferably a thought that is totally consistent with your ongoing objectives and desires.

Positive thinking at its most effective is therefore much more than simply thinking positively about a particular circumstance, it should become a Mindset, a way of life. By thinking constantly only in the most positive manner you will ensure only the most positive things manifest into your life. For example, if you wish to always have sufficient money for all your daily needs you must always think positively and with as much conscious Energy and emotion as possible that you already have that money in your possession - never let a contrary thought enter your Mind - if such a contrary or negative thought does enter your Mind, even for a single moment, you must dispel it immediately. And again, never think in the future tense, only in the present tense to the extent that it already exists within your physical reality. In this way you will constantly influence the positive Energy of the inner spheres of reality, which Energy will sooner or later positively manifest into your own physical life.

As space and time simply do not exist in the inner Universe, creating these positive Energy in the present tense where they have their effect beyond the confines of space and time, they must in turn, in immutable succession eventually manifest into your physical world and reality, and not simply something which might or might not occur sometime in the future.

Again, always know in your own Mind beyond any doubt whatsoever that all your needs have already been met, and are a complete reality in your life at this very time, in the completely certain knowledge that the Universe is infinitely abundant and knows no limits, and that as an immortal,

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Divine Spiritual being, a co-creator of the Universe with the Prime Creator, The Source, God, all of your needs and desires without any exceptions will always manifest into your life and reality. Always remember, there is absolutely nothing that you cannot be, do or have.

As well as knowing beyond doubt that your wishes and needs have already become a complete reality, it will assist this process considerably by projecting as much focussed, positive emotion and Energy behind your knowing and positive thinking as possible.

Recreate the feelings of great joy and happiness surrounding previous events in your life. By recalling and recreating these feelings and emotions, and projecting them with as strongly as possible behind your ongoing thoughts of whatever it is you wish to manifest into your life as if they are already a complete reality, you will influence the positive Energy, thus helping the results to manifest more rapidly and in a more powerful way into your own physical reality.

Your Mind, Consciousness, thoughts, emotions and imagination are all creative powers behind your life and of the entire Universe.

The more conscious you are of yourself and of your needs and desires the more powerful you will become. By this we do not mean being conscious of your physical body, but rather being conscious of actually being conscious, a conscious channel for expression of God, the very feeling of existence, the feeling of being alive, not alive from the point of view of the physical body, but rather the total inner feeling and sensation that comes with the absolute knowing and certainty that you exist as an immortal Divine creative being, an aspect of God, created in the true image of God.

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In conclusion, always but always think positive thoughts in the direction you wish your life to go, and do so with as much focus of Energy, knowing and emotion as possible. These thoughts, whether specific to a particular need or for an ongoing aspect of your life must always be present in your Mind as if they have already completely manifested into, and are already an integral aspect of your present reality, a fact of which you must be completely certain beyond all doubt.

It really does not matter how dire life might seem to be at any particular moment, it is extremely important during every waking moment to think as positively and with as much Energy and emotion as possible that everything you desire already exists within your life, and that you are now enjoying it to the maximum possible extent. Never, ever let a negative thought dwell in your Mind, particularly before sleep, or give such a thought any Energy whatsoever - immediately convert any negative Energy into the corresponding positive Energy.

Notwithstanding immediate needs and situations, always think, focus and concentrate positively about everything in your life, and in turn your life will only bring you positive results, this is The Law of the Universe. Most importantly, always feel the deepest gratitude for how perfect your reality really is, always giving thanks to God with absolute sincerity.

In conclusion, as co-creators in our own Universe, the microcosm, with God, the macrocosm, there is truly nothing at all that we cannot be, do or have. We cannot think bigger than the Universe.

What might seem massive to us is trivial to the Universe, so never be afraid to think big, very big.

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However, we are what we think - our thoughts create our reality. In order to reinforce the power of our thoughts in creating our reality we need to provide the right "fuel" in order to give our thoughts Energy. There are many forms of such fuel, and again they are all discussed in detail within the pages of Our Ultimate Reality, but such fuel includes positive emotion, a high state of vibration and gratitude. Positive thinking is also an extremely important aspect of creating your own reality so always be aware of your thoughts, emotions and state of Mind. Positive thoughts will attract a positive life, and conversely negative thoughts will attract unwanted things into your life.

With discipline and by being constantly Mindful of your thoughts you can experience the life of your dreams. It is also worth reminding ourselves once again that a major key to success is to bypass the logical, questioning, Ego driven conscious Mind, to program the Subconscious Mind, which is sublime, powerful and 90%+ of our total Mind power for complete success.

Program your Subconscious Mind for success and that will be your experiential reality, and this is the reason I created Mind Power studio - to make this process as simple, intuitive and above all as enjoyable as possible.

Have a wonderful and successful week and always remember - this is nothing at all that you cannot be, do or have.

**5 February 2006**

## **The Power of the Subconscious Mind**

I receive numerous messages every week regarding the question of the differences and significance in practical terms between the conscious and Subconscious Mind.

The first thing we should always know beyond any doubt is that the entire Universe and everything within the Universe at all levels, all dimensions and all manifestations is "Mind". Everything, without exception is a manifestation of the supreme Mind of The Source, The First Cause, of "God". This Mind is infinite, conscious, intelligent, Energy, often known simply as "Spirit".

As human beings we are individuations of Spirit, this Infinite Mind of "God" through which "God" experiences and thereby evolves and expands. The entire Universe is in a perpetual state of expansion and evolution. It is important to keep in Mind however that although we are "individuations" of The Source, i.e. individuated Energy configurations within the Universal Energy field, we are also still integral aspects of this Energy field and therefore of God - there is no separateness in the Universe - everything is one.

In order to understand this better we only need look at quantum physics which is discussed in considerable detail in Our Ultimate Reality for this very reason.

Because the Universe is infinite intelligence of which we are all integral aspects, Quanta of Energy are influenced by the Mind - thought also being pure Energy. Whenever you look at a "possession" such as a house, a car, a television set, they are in fact nothing more or less than an arrangement of Energy, or "Quanta", ultimately created by

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thought processes of the Mind. If these objects were to be inspected very closely, it would be apparent that they are not solid at all but are rather composed of Quanta of Energy vibrating and moving at extremely high rates in and out of the object being observed.

Nothing can exist permanently unless it is observed because it is Mind that controls and shapes Quanta of Energy, and without that focus of the Mind the Quanta would once again become a "quantum potential" for something else. If for example everyone in the world were to cease observing the world and everything in it, by ceasing to focus on its perceived existence, then everything would cease to exist. There would be no thought Energy to maintain the illusion of its existence anymore. This is why the Earth and everything it comprises, as well as the entire three-dimensional Universe is referred to in some cultures as "maya", and illusion. The Earth and physical Universe are indeed an illusion and a grand scale, and will one day be realised as such by all mankind once evolving beyond the illusion of the physical Universe.

Quantum physics completely confirms this by recognising that something can only actually come into "existence" when it is observed. Of course "existence" is a term relative to the five physical senses - everything that exists now has always existed and always will exist, it is only the illusion of form that changes in response to thought, Mind. When something is observed, Quanta come together to form sub-atomic particles, and in turn atoms, then molecules until finally something manifests in the physical world as a localized space-time event that can be observed by the five physical senses.

This process is the very basis of how each and every person creates their own reality. Every single thought, as Energy,

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directly and instantly influences the quantum field causing Quanta in the form of Energy to arrange themselves into a localised, observable event, object or other influence.

So where does the Subconscious Mind come into this?

Well quite simply in order to create our desired reality we must focus our thoughts in order to influence the Quanta of the Universe and bring ourselves into vibrational harmony with our desires. In doing this the hitherto formless substance around us, the Quanta or Spirit from which all things are made takes shape in accordance with our thoughts, and when we come into vibrational harmony with this formless creation it can then manifest into our physical world as a physical manifestation where it can be enjoyed.

Where most people "go wrong" is that they have no control over this creative process. The conscious Mind, our everyday, waking Mind is heavily influenced by the demands of the Ego, and seeks to filter and logically analyse everything presented to it through thought or any of the five senses, only allowing thoughts to persist that are consistent with what it considers to be "logical" and in accordance with the materialistic demands of the Ego.

This is why most people are constantly creating unwanted realities - usually without thinking about it or realising it.

The solution therefore is to bypass the filters of the conscious Mind in order to access the extreme power of the Subconscious Mind.

There are three fundamental aspects to Mind - the conscious Mind, the Subconscious Mind and the super-conscious Mind. By impressing our desires on the

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Subconscious Mind the Subconscious Mind will interact directly with the super-conscious Mind where our thoughts and therefore desires take shape and then bring us into vibrational harmony with our desires so they can manifest into physical, experiential reality.

We cannot experience anything unless we are in vibrational harmony with that which we are experiencing. Everything we are experiencing at this moment is a direct result of our thoughts and of being in vibrational harmony with that thought experience - and this applies equally to positive, negative or neutral experiences.

Although affirmations can be very powerful, they are often intercepted by the logical, Ego driven conscious Mind, analysed and then rejected as being "impractical". For example - we might repeat an affirmation such as "I have a new car". The conscious Mind immediately picks-up on this and says something like "don't be ridiculous, you are still driving that old wreck of a car". And so it will be that you continue to perpetuate the reality of, and be in vibrational harmony with the "old wreck of a car".

Our objectives are clear therefore. We must bypass the filters of the conscious Mind in order to "program" the Subconscious Mind with our desires. The Subconscious Mind is sublime - that is to say it never, ever questions anything. The Subconscious Mind will willingly accept anything presented to it, intentionally or otherwise, and bring it into reality. This is why we must be very careful indeed about what we impress upon our Subconscious Mind.

This is particularly true just before sleep at night and just after awaking in the morning. At these times we are most closely in communication with our Subconscious Mind.

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This knowledge can be extremely powerful in that if we use these "windows of opportunity" to communicate our desires to our Subconscious Mind, the Subconscious Mind will accept them and bring them into our experiential reality.

However, if we take to bed our worries, concerns and fears then the Subconscious Mind, being sublime, will also act upon those thoughts and bring them even more into reality. So if you go to bed at night being worried about debts for example, you will attract more even more debt. It is extremely important therefore to ensure that before you sleep at night, or any other time for that matter, you only keep in Mind those thoughts that are compatible with your desires. If this is done consciously it can be a very powerful way of manifesting your desires.

This is where Mind Power Studio comes into its own. With Mind Power Studio you have all the tools required to bypass the filters of the conscious Mind and to powerfully, directly and positively program your Subconscious Mind for anything you desire.

Subliminal Mind Power works all the time you use your PC by unobtrusively flashing thousands of affirmations at just the right contrast and frequency to effortlessly bypass the conscious Mind in order to strongly impress the Subconscious Mind with your desires.

Audio Mind Power can be used to create silent audio subliminal messages that can also be played while using your PC - again totally unobtrusively and when used with Subliminal Mind Power making a very powerful combination indeed in impressing your Subconscious Mind with your wishes, needs and desires.

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Binaural Mind Power is as state-of-the-art binaural beat generator that brings your brainwave levels into a state where you can easily communicate with your Subconscious Mind without relying on the "windows of opportunity" immediately before and after sleep, or needing to become an experience meditator which takes many years to accomplish.

Binaural Mind Power therefore enables you to control your brainwave frequencies at any time of the day in order to provide powerful and direct access to your Subconscious Mind where your recorded affirmations, thoughts and visualisations will have the most profound effect in easily manifesting your desires.

I hope this explains the mysteries, power and benefits of the Subconscious Mind, but of I always welcome further questions by email.

**12 February 2006**

**Affirmations**

I receive many messages from people asking about affirmations, and in particular what they can be used for and how they should be used.

An affirmation is a short statement repeated frequently in the present tense in order to impress the intent of the affirmation on to the Subconscious Mind, thereby in turn causing the subject of your affirmation to manifest as a part of your own physical reality.

As with all positive thinking, affirmations must always be phrased in the present tense as if the desired result has already become an absolute reality. This will attract and influence Energy in accordance with The Law of Attraction, in turn creating the reality of the object of your affirmations within the inner spheres of the Universe, which reality must then in turn subsequently manifest into the physical world where the benefits can be realised.

As with negative thinking many people are in the habit of dwelling on problem areas in their life by repeating exactly that which they do not wish to happen. Therefore, as with negative thinking, this results in negatively influenced Energy creating a correspondingly negative reality, until finally manifesting into the physical world as an observable and experiential negative reality, thus compounding the original problems and making them even worse.

Like positive or negative thinking, affirmations can also affect the people around us at the Energy level of the group human Mind - the vibration of any affirmation involving other people will be transmitted and picked up by the people concerned, who in turn will accordingly

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Subconsciously react to it in either a positive or negative way. It is extremely important therefore not to even Subconsciously repeat negative affirmations, no matter how difficult a situation might seem.

For example, a person might keep repeating to themselves such statements as:

"I will never get a promotion in this job".

Or

"I will always be short of money".

Or

"My relationship will never improve and become a happy one".

These are all examples of negative affirmations resulting in the corresponding Energy being influenced in a negative way, which in turn will result in the problem becoming even more of the reality of the person affirming these negative statements. The person who is constantly repeating these negative affirmations, either consciously or Subconsciously, will be accordingly much less likely to receive a promotion in their job, will have even less money than before, and might well become even more trapped in their unhappy relationship.

Again, and the importance of this simply cannot be overstated - everyone constantly creates their own realities whatever they may be, thought Energy, emotions and affirmations being just three important ways in which this is process manifests in accordance with immutable Universal Laws. Positive thinking and conscious positive

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affirmations will therefore not only bring correspondingly good things, but will also transmute existing bad things into their corresponding good things. Beyond the confines of the three dimensional world of matter there is no time or space, so it is never to "late" to transmute a negative situation to a positive situation - all time is Now, the Eternal Now.

In the examples above this person should always immediately suppress any negative affirmations they find themselves repeating, and immediately replace them with the equivalent positive affirmations - they should for example be saying:

"I am so pleased with my excellent job promotion".

Or

"I have all the money I really need".

Or

"My relationship has never been better or happier".

This might well seem somewhat difficult to do, particularly in what is perceived to be difficult circumstances or where the reality appears to be totally the opposite, but such circumstances are only temporal, often the result of existing or previous negatively influenced Energy, but which Energy can always be transmuted to its opposite and desired positive circumstances.

It is also important that the affirmation, like positive thinking, is never stated in the future tense, for example, "I will have a job promotion" - this implies the indefinite future, that a negative situation already exists, and the

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result cannot therefore manifest positively into your present reality. Again, dwelling on negative situations and repeating them over and over in your Mind will certainly cause more of the same negative vibrations, which will in turn appear into physical reality as the corresponding negative manifestation, thereby compounding the problem even further, in turn resulting in an ever deepening vortex of the same negative situations - like Energy always attracting like Energy in accordance with the immutable Universal laws of Attraction and Correspondence.

Rejecting all negative thoughts and replacing them only with their opposite, most positive affirmations will result in positive vibrations of Energy that will eventually manifest into your own physical life and reality in the form you most desire.

Many people generally tend to use negative affirmations on an ongoing and much more Subconscious basis without ever even releasing it. For example, someone might say to themselves or even aloud:

"I simply cannot complete this task"

Or

"This is much too difficult"

Or very often on a health level we hear people say,

"I do not feel at all well today".

In particular at this time of the year it is very easy to observe someone coughing or sneezing, imagining that you do not feel so well, followed by the thought

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"I must be catching a cold"

Or

"I must be going down with the flue"

Or

"I am bound to catch a cold now"

These are all examples of Subconscious negative affirmations that will in turn become negative realities - the tasks will never be completed, will be always too hard, and the person will continue to feel unwell and will indeed catch a cold, flue or other ailment.

The correct thought if we observe someone coughing, sneezing or complaining of feeling unwell would be for example:

"I feel so well today"

Or

"I always enjoy perfect health"

Or

"I never contract any unwanted disease"

These are examples of powerful positive affirmations to keep you healthy even when those around you might be succumbing to the usual seasonal ailments.

It is important to avoid words such as "will" or "want" or "should" etc., all of which either imply an indefinite future or uncertainty.

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It is good to always keep in mind that beyond this temporary physical existence, in the spheres of the Universe where our desires take shape before manifesting into our experiential reality, there is only Now.

It is very important therefore to remain alert at all times to these negative thoughts and affirmations, immediately transmuting them into their positive opposites as they arise and before they have their effect, for example - "I have easily accomplished this task very easily", and, "that was very easy indeed", and, "I feel so fit and well today". In this way the negatively influenced Energy will not be allowed to take influence away from your positively desired reality, and only positive Energy can be attracted to you from the Universe and manifest as a tangible reality into the physical world, and therefore your own life and personal reality.

It is also very important therefore to not only make use of affirmations in order to consciously manifest desired changes into life, but also to be alert to Subconscious, negative affirmations that must be immediately transmuted to their positive opposites without delay. The more often an affirmation is repeated, consciously or otherwise, the more quickly and effectively it will manifest into your observable, individual, experiential reality.

An excellent time to repeat affirmations, with as much sincerity and emotion as possible, is just before drifting off to sleep at night, and just after waking in the morning before arising. At these times your conscious Mind is most in communication with your Subconscious Mind and therefore the inner causal spheres of Energy.

Repeat the affirmation throughout the day, write down the affirmation on notepaper and place copies of your

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affirmation around your home, repeating the affirmation frequently, and whenever you are reminded to do so. If you make use of a personal computer for long periods of time, it is a very good and effective idea to have a copy of your affirmation on your PC desktop utilising some appropriate software. You might not always notice the affirmation, but it will still be integrated into your Subconscious Mind where it can begin its effect.

The ideal affirmation must be as short as possible and totally unambiguous. It is important to note that the Subconscious Mind cannot easily assimilate long statements. The Subconscious Mind, immense and powerful as it is, is actually very child-like in the way it perceives, and is therefore much more easily influenced by short, appropriately worded statements. Also the Subconscious Mind never, ever questions any statement - it will rather accept the statement as an absolute fact, and set about bringing the object of the statement into reality by means of its powerful influence over the inner Energy levels of the Universe to which it is strongly connected.

Affirmations must always stated the present tense, and most importantly charged with as much feeling, positive Energy and emotion as possible, and as if the result has already manifested into your life as an absolute reality - a fact that you should have absolutely no doubt in your Mind. You should intensely feel the joy, happiness and all other emotions involved, which will generate the corresponding positive vibrations of Energy in accordance with The Law of Attraction.

Affirmations should never be performed in a stressed situation or where you cannot adequately relax or concentrate. For maximum effect affirmations should be repeated several times each day while being in as relaxed a

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state as possible and continued until the affirmation has become an absolute physical reality. Affirmations can often become a physical reality very quickly indeed, but at other times might take longer. Note that we use the words "physical reality", because as soon as you start stating the affirmations with the degree of emotion required, then the object of the statement will instantly be answered, the Universe in making it a reality within the inner Energy levels. Frequent repetition of the affirmations, with the associated emotion will then further influence Energy to manifest the object of your affirmations as a tangible, observable reality in your physical world.

The speed at which an affirmation becomes a reality depends on numerous factors including the complexity of the desired result, the number of people involved, the frequency of repeating the affirmation, and most importantly the extent of emotion, focus and faith being placed behind it. Never become anxious for the results of the affirmation to be realised or wonder why they have not manifested as yet - these will cause vibrations of negative Energy, thereby slowing the process down.

Developing and maintaining faith in your affirmations will result in belief, and it is the belief that will bring you into energetic, vibrational harmony with the object of your affirmations, thereby allowing the object of your affirmations to manifest into your reality.

In conclusion, always be fully aware of repeating negative affirmations either consciously or Subconsciously, and if you find yourself doing so immediately convert them into their opposite, positive affirmations. Make maximum use of controlled, conscious, positive affirmations wherever you need to convert a negative situation into the equivalent,

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opposite, positive situation, or where you wish to bring something positive into your life and reality.

## **19 February 2006 Initiation**

The main subject of this week's newsletter is the often misunderstood issue of "Initiation".

When many people think of Initiation the first thought that often springs to Mind is a mystical ceremony in full ceremonial regalia taking place in some super-secret society, order or other group.

This is largely due to the fact that the word and reality of initiation has been clouded over the centuries to include these visions.

Often initiations have been and still are associated with seemingly barbaric processes that involve the initiate having to undergo some rigorous, dangerous and often painful process to prove him or herself "worthy" of a particular status.

Although this is fortunately less the case these days, such barbaric initiations do still take place in remote cultures, where for example teenage boys are required to "prove" themselves before then can be fully accepted as "man" in the eyes of the tribe. Very often, after such a series of "trials", the body of the boy is modified in some way as a permanent mark of their new social status.

Most esoteric orders have Initiations in "degrees" whereby the initiate is elevated to a higher "degree" upon passing certain tests to the satisfaction of the "initiator". Often the initiate is told that they will receive certain privileges, esoteric knowledge or even powers upon attaining a certain level or "degree".

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These are examples of initiations between often small groups of people who have come together and agreed to follow some Initiatory process, or have to undergo a compulsory Initiatory process in order to attain and retain acceptance within their particular group.

However, these common and understandable cases have largely hidden the fact that every single person without exception is undergoing an Initiatory process - the ultimate Initiatory process of life itself.

As we know we are all here for one fundamental person - to evolve by experience. Each of our individual incarnations adds to the total experience of our "Higher-Self" and is therefore an Initiatory process. Once our Higher-Self attains sufficient experience an initiation occurs that allows our Higher-Self to continue along the path to even greater, glorious experiences, experiences that are beyond the comprehension of individual incarnations on Earth.

So all life is in reality an Initiatory process - the final initiation being the ultimate initiation - the opportunity to reunite with The Source, The First Cause, with "God".

So what does this mean to us in practical terms?

In practical terms we should see every single experience, challenge and event as an important aspect of our individual initiation, without which we cannot be fully initiated in order to move on to greater experiences.

Before we incarnated here on Earth for yet another physical incarnation, our Higher-Self chose situation that He/She required in order to obtain further experience towards the higher initiation. Our Higher-Selves know full well therefore what situations, challenges and other people will

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be involved in order obtain the experiences necessary towards His/Her initiation.

Every single situation therefore, however dire it might seem is all part of this Initiatory process, which, like any test can be passed or failed. These tests range from huge life events such as contracting an ailment such as cancer, all the way down to small, subtle tests that might involve for example "anger management". In the case of anger management the Higher-Self needs to attain full control over the emotion of "anger". It might therefore place an incarnation in a situation that involves being tolerant of others, for example by having to drive through "rush hour" traffic every morning and evening while remaining totally calm. Once it becomes possible to do this then an initiation in "anger management" has been attained, and which is actually a very important initiation.

Throughout history there have also been group or mass Initiations whereby large groups of people have been subjected to all kinds of "horrors". How these people accept and deal with these circumstances will determine whether they achieve initiation both individually and as a group. Wars, horrific though they clearly are, provide numerous such Initiatory opportunities. This is not of course to condone warfare.

So ultimately life is an Initiation. Every single experience, positive, negative or indifferent happens for a reason, and in full knowledge of your Higher-Self. Each such experience is an opportunity to make progress towards a full Initiatory experience and should be joyfully accepted as such without complaint, taking it personally and above all without blaming others.

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Every single situation was known and chosen before we incarnated for its value in our ultimate evolution. If we fail the initiation then we have to experience similar circumstances over again until we finally pass the initiation which in some cases might take many "lifetimes". Therefore we must look closely at every event, however insignificant, dire or indeed joyful it might seem and ask ourselves these simple but important questions:

- 1) What does this event mean?
- 2) Why has it "happened" at this particular time?
- 3) What must I do to accept this situation, learn from it and never have to face it again?

In asking these questions and facing every situation we are presented with, however large or small, "good" or "evil", horrific or joyous, we can face the situation with total confidence and ultimately prevail, thus attaining an important initiation towards our ongoing evolution.

Important points to keep in Mind are:

- 1) There is no such thing as "chance". Everything happens for a reason.
- 2) Everything that happens to us we chose and knew before we incarnated.
- 3) We are never, ever, ever presented with a situation that is beyond our current ability to prevail. No harm can come to us.

In knowing, understanding and living our lives accordingly we can not only save ourselves considerable suffering, we

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can also save ourselves potentially many physical incarnations, because whatever a person fails to achieve in a current lifetime they will need to return again to pass that initiation in a further lifetime.

This is also a solution to the secret of "alchemy". The legend of the transmutation of base metals into gold is actually symbolic of the process of the transmutation of our base characteristics into the gold of perfection. The biblical fable of the turning "water into wine" is exactly the same process and meaning.

Knowing these important facts we can face life joyfully and with confidence, being thankful for every situation we are presented with as an opportunity to progress, in the knowledge that we are never presented with a situation that is beyond our capability, and above all no harm can ever come to us.

I will conclude this newsletter with this appropriate verse:

Out of the night that covers me,  
Black as the Pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeoning of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find me, unafraid.

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It matters not how strait the gate,  
How charged with punishments the scroll  
I am the master of my fate:  
I am the captain of my soul.

- William Ernest Henley

**26 February 2006  
Meditation Part 1**

Among the hundreds of messages I receive every week, one that frequently arises is the question of meditation. Most people have heard of meditation and have some notion at least of what it is, but many it seems still do not really understand meditation.

One of the most frequent questions is how to achieve deep states of meditation without the years of practice. Well it is possible to achieve profound states of meditation very quickly using brainwave entrainment products such as Binaural Mind Power, and indeed this will enable you to reach deep states of meditation very quickly, but while this is unquestionably useful for situations where deep meditation is required "on demand", it is nevertheless extremely useful to learn the ability to meditate anytime and anywhere.

Meditation is a big subject and therefore this week will be the first part of a three part series on this important subject.

So what actually is meditation? How can "meditation" be defined?

Meditation is without question one of the most worthwhile and valuable practices anyone can undertake on a regular and ideally daily basis. Many people however still tend to associate meditation with a perceived far eastern mystical practice whereby a person will sit on the floor in an impossible looking position, surrounded by candles and burning incense while chanting a mantra. Although this might well be true in some types of meditative practice, for the vast majority of practitioners meditation is nothing like this at all.

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Meditation is in fact a daily habit for millions of people the world over within all cultures and all walks of life, and more people join the ranks of meditation every day as they discover the very considerable values and benefits of this ancient and highly beneficial practice.

Let it be said straightaway that there is absolutely no need whatsoever for such notional complicated postures, candles, incense or any other mystical instrument or practice. Meditation can be performed almost anywhere at any time of the day, providing it is in a place which offers the necessary freedom from distractions.

So what exactly are the benefits of meditation? To start with meditation calms the Mind and relaxes and dissolves tension from the body. In the longer term the Mind begins to experience much higher levels of peace, tranquillity and serenity, not only during meditation itself but also during daily life. There is a progressive and profound increase in happiness, tolerance, love, understanding, fearlessness, and inner powers and abilities.

With meditation the powers of concentration increase and the Mind becomes progressively sharper and more under control, including freedom from unwanted thoughts, emotions and influences, and with a much higher ability to enjoy the present moment. There are many further such tangible benefits, but in short, meditation greatly strengthens the body, Soul and Spirit resulting in a higher quality of life.

There are also other important benefits that might seem less obvious. While in a state of deep meditation you are open to the inner realms of reality and Energy thereby making it possible to contact and communicate with beings of the inner realms. Most importantly you can also communicate

## **26 February 2006 – Meditation Part 1**

directly with your Higher-Self. These contacts can be extremely valuable indeed, with information, intuition, insights, advice, encouragement and much more, all assisting considerably in daily life.

During deep meditation, you can ask questions, and receive answers on issues of importance to you. Remember, space and time simply do not exist in the inner realms of life and reality, and accordingly the beings and people dwelling there have access to the past, present and future, as well as to vast repositories of information maintained in huge Astral libraries and of course the Akashic record of the Causal sphere of the Universe.

Most meditation techniques have one ultimate objective - to achieve complete silence of the Mind and therefore to reach the real "I" level of pure awareness, resulting in a more direct channel of communication with your inner-self and a greater, more profound connection with The Source, Our Divine Creator, God.

Again, we must always keep in Mind that when meditating we are focusing inwards to our Soul, Spirit and Higher-Self as well as to the inner realms of life and reality. It should be kept in Mind therefore that the inner realms are actually identical to what are often referred to as the "higher" realms - it is simply a matter of perspective. Most people talk of "higher realms", higher "levels", "planes", "worlds", "spheres" and so on, but these are actually inner states of Consciousness, vibration and Energy, the physical world being the outermost "shell", the physical epidermis of the Universe existing at the highest density and the lowest vibration.

As the great quantum physicist David Bohm succinctly observed, the outermost layer of the Universe, the physical

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Universe as observed by science is as "frozen light". Although Astral and Mental worlds therefore may be considered to be higher relative to the physical worlds, they are in reality all progressively inner worlds with our The Source Energy, The First Cause, God at the very centre. The observable, physical Universe as known to science is merely a very small fraction of the glories of the entire Universe in all its spheres of life and reality. It is in meditation that we reach far beyond the ephemeral, maya, illusion of the physical world of matter and indeed the Astral worlds, to focus far inwards towards the source, eventually realizing a complete oneness with The Source.

When performing meditation, Astral Projection or indeed any other journey beyond the physical world, this is really an inner journey to inner states of Energy, vibration and being.

**5 March 2006  
Meditation Part 2**

In order to meditate effectively, a sufficient degree of concentration is required, and is one reason why this extremely important ability should be practiced as frequently as possible.

Without adequate powers of concentration it will be very difficult indeed to adequately silence the Mind and therefore to achieve anything worthwhile, and so concentration is an ability well worth practicing.

It is very important to meditate sitting in a totally upright position with your spine completely straight. Meditation cannot be reclining or even leaning back in a comfortable chair. If sitting on a chair during meditation it is best to sit totally upright, spine absolutely vertical on a hard backed chair, a dining chair for example, with your legs and knees firmly together and your hands palms down on your thighs.

Alternatively sitting cross-legged on the floor, totally upright with spine totally straight is also an excellent position for meditation. It is not necessary however to formally place yourself into an exotic position such as the full or half Lotus, but you may of course do so if you wish.

It is fine in the very early stages to sit on a pillow to make yourself more comfortable, but never sit with your back against the backrest of a chair or indeed against any other support - your back and therefore your spine must be absolutely straight and totally unsupported. Your hands should be positioned with your palms facing downwards and resting lightly on your thighs.

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I am often asked whether it is possible to meditate while lying down on a bed. Well the answer is yes - it is possible to meditate while lying on a bed, but not always advisable. The main reason for not meditating while lying on a bed is the risk of falling asleep. The bed is associated by your Subconscious Mind with "sleep", and as soon as you lie down the chances are that your Subconscious Mind will then automatically place you in the sleep state which of course is not conducive to meditation.

It is however quite possible to separate meditation from sleep by telling your Subconscious Mind that this is a time for meditation rather than sleep. In order to assist this process it is a good idea to do something differently to your regular sleep time that your Subconscious Mind can associate with meditation. This might for example be removing the pillows so you are lying absolutely flat on the bed. You could light a candle or burn your favourite incense, the emphasis of course being on safety. Do not burn anything that can be knocked over or could otherwise be a safety risk in any way. The important thing here is to separate meditation time from sleep time in your Subconscious Mind. If you can do this then lying down is fine.

Of course you need not lie on a bed. To separate meditation from sleep you can place something on the floor or better still lie down on the hard floor.

I am also asked why it is necessary to keep the spine erect while meditating. There are various reasons for this. The reason most frequently given is to aid the Energy flow. While this might be true to a point - specifically within the energy meridians of your Energy body itself, we must also dispel one common misunderstanding in that Energy somehow comes down from "above", enters through the

## **5 March 2006 – Meditation Part 2**

crown of the head, sometimes known as the "crown Chakra", and then travels down through the body eventually leaving at the feet.

It is of course quite possible, using the powers of the Mind, to guide Energy in this way, but it is certainly not "natural". The Source of all Energy is The Source in absolute terms, and The Source is within us and not external to us either above or below or anywhere else. We are all an integral aspect and therefore extension of The Source, and the Source is within, not without.

So when we are drawing Energy into ourselves as for example for healing, we imagine the Energy being provided from The Source which is within. That said, Energy is all around us physically as well, and we can therefore concentrate Energy from around us, and "breath" that Energy into ourselves, thereby accumulating it.

It is a good idea to meditate in the same place and at the same time of day where you will not be disturbed. Although such items as candles, incense and other materials are not at all strictly required, you might very well find them, as with meditating while lying down, to be useful in setting the specific meditative mood and focusing of your Mind on the state of meditation. By using for example certain scented candles or incense, these will become associated with your meditation time and might therefore assist you in reaching the required level of Consciousness and relaxation more quickly and effectively. This is a matter of personal choice entirely.

The next stage in the meditation process is to perform some deep breathing exercises, in order to help you to achieve the required level of relaxation, and to help you to focus your Mind away from mundane matters. Breathing in for a

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slow count of five, holding your breath for a slow count of five, and breathing out for a further slow count of five is excellent for helping to achieve a good level of relaxation before commencing meditation. Repeat this five times initially, and more if you feel it is beneficial.

While performing the breathing exercises you can also imagine inhaling pure, glowing or sparkling white light, and exhaling through your nose grey light containing any tension or negativity stored in your body.

When you are totally relaxed and use all of your powers of concentration to empty your Mind of all thoughts - only a complete vacancy of Mind should prevail. Should you have difficulty in achieving this immediately at first, you can reach this state of concentration and state of Consciousness in stages over time. It really does not matter how many sessions it takes to achieve the total vacancy of Mind state, but reach it you must in order to be able to meditate effectively, and the sooner the better. The previously discussed concentration exercises are an excellent way of achieving complete vacancy of Mind, and I strongly recommended that you complete the concentration exercises before commencing the formal practice of meditation.

To commence with your meditation assume your chosen meditation position, attain the necessary degree of deep physical relaxation by performing the breathing exercises and then begin to observe your thoughts as they pass through your Mind. It is very important not to participate in these thoughts, tempting though it might be, but to merely be a passive observer, acknowledging the thoughts as they occur but then allowing them to simply drift by without further involvement. Again, it is most important not to attach yourself to any thought and become involved with it.

## **5 March 2006 – Meditation Part 2**

Continue this exercise for as long as you can but ideally for at least ten minutes each day - at least thirty minutes each day being your ideal objective. When you first commence this exercise you might be besieged with thoughts, particularly if you have not practiced the concentration exercises first, and it is strongly suggested that you do, however from session to session the number of thoughts will diminish until they finally become few and far between.

This might well only take a week or might take several weeks or even months depending on your individual circumstances and levels of relaxation, concentration and focus. You can reinforce this process throughout the day by pursuing the same procedure as suggested for part of the concentration exercises, only thinking about what you are doing at any particular moment in time. Do not allow any extraneous thoughts to enter your head and interfere with your current task. For example, if you are driving your car, think only about driving your car and do not allow your Mind to wander to other unrelated matters. The same applies for any activity whether it be shopping, your job of work, cooking a meal and so on. Always focus exclusively on the task in hand to the total exclusion of all other thoughts. This will assist greatly in thought control and strengthen your powers of concentration.

In part 3 of this series next week, we will discuss the process of meditation itself and what can be achieved during this process.

It is worth noting that during a state of meditation you are in a state of greatly expanded awareness. During your normal, everyday waking state your brainwaves are operating at a relatively high frequency, and you are focused very much on physical matters. This of course is

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required in order to function safely and effectively in the physical world. This state is not of much use however for communicating with the world within. The more we slow our brainwaves the more we expand our consciousness in the direction of the realms within.

This process can be greatly enhanced and specific states of consciousness achieved much more quickly by using "brainwave entrainment". While it is possible to purchase ready-made CD products, everyone is unique and it is much more effective to develop your own. This is the reason I developed Binaural Mind Power, a part of the Mind Power Studio suite. Binaural Mind Power uses state of the art tone generation and mixing techniques that will allow you to create your own brainwave entrainment tracks that are much more advanced then the commercially available ones. You can also mix your own background sounds and export the completed track to MP3 or WAV file for burning to a CD if required.

## **12 March 2006 – Meditation Part 3**

### **12 March 2006 Meditation Part 3**

Welcome to part 3 and the final part of our mediation series.

The next stage in our process of learning to meditate is to select a single thought or object of your own choice and to hold the thought or image of it in your Mind for as long as possible.

This might for example be a memory of a place you enjoy visiting, a memorable holiday or any other happy memory. It might be easier at first to visualize a familiar object such as a favourite picture or an item of household furniture, or the image of a loved one. It does not need to be something you are actively involved with or interested in, any object will do as the object of your visualization such as a fruit, candle, cup or other such familiar item.

Having decided on the object of your thought, assume your chosen meditation posture by sitting in your chair or on the floor with back totally straight, and, after any relaxation and breathing exercises, bring the thought or image firmly into your Mind as realistically and with as much presence as possible. Ideally your thought or image should fill your entire Mind. If any other thoughts attempt to intrude then with all the will power you can summon reject that extraneous thought immediately and bring your Mind firmly back to your intended thought or image.

It is very important indeed to immediately reject any intruding thought the very moment it tries to join your chosen thought or image. You will find this exercise will become progressively easier over time, with your thought

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or image becoming stronger, and with less and less intruding thoughts which will become easier to reject.

When you can hold your thought or image vividly and solidly in your Mind for ten minutes without wavering, or any intruding thoughts, the final stage is to be able to dismiss that thought or image at will right at the end of your meditation session, leaving you with a full vacancy of Mind where the image once existed. Hold you Mind empty of your chosen thought or image for a few moments before gently raising your Consciousness back to the physical level.

After this has been fully accomplished, for future sessions you can proceed to the full meditation stage - full vacancy of Mind.

This step involves assuming your meditation posture and rather than holding a thought or image in your Mind, hold your Mind totally devoid of all thoughts not allowing any thought to intrude. In the beginning you might find the occasional thought attempts to intrude into your silence - if it does simply use all of you willpower to reject it immediately. When you can achieve this stage you are now ready to meditate effectively.

As an interim stage in your meditation learning process, you can commence your meditations with a single chosen thought or image, and then after a couple of minutes or so remove the thought or image and proceed with a complete vacancy of Mind. After a time you will find it will be possible to omit the thought or image of the scene or object altogether and proceed immediately with a complete vacancy of Mind from the outset of the meditation session.

## **12 March 2006 – Meditation Part 3**

Having achieved this level of concentration and emptiness of Mind you can now proceed to meditate effectively. A meditation session should ideally be at least twenty minutes, but less will suffice initially. This however is only the beginning as you will discover naturally as you progress - each meditation session will progressively deepen your inner awareness.

Remember you are focusing inwards towards The Source and not to some "higher" level relative to The Source. As previously mentioned, when we refer to the "higher" worlds and states of life and being, these are actually inner states relative to the physical world and physical body, with the highest vibration of The Source, The First Cause of God at the very centre, and the lowest vibration of Energy at the outermost level, the physical, material level from where meditation commences. Your focus should therefore be inwards towards the Astral and Spiritual worlds, your Higher-Self, and ultimately with the highest and most Divine, God.

With time and dedicated daily practice meditation will come progressively deeper and with more profound levels of inner awareness, soon becoming a very blissful experience, bringing with it the potential for the profound benefits described earlier.

Ideally while meditating you should reach a stage where you completely lose contact with the feeling of your physical senses body and surroundings, being totally focused on the inner states of Consciousness. This is an ideal state to reach and should be your immediate objective.

Meditation should become a daily habit, and one that you should always look forward to. There is no fixed duration of time for meditation - some people meditate for up to

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thirty minutes each day, while others might meditate for several hours at a time or even for a full day, completely absorbed in their inner Consciousness.

During the process of deep meditation situations might occur that you should be aware of. These situations often involve imagery to varying degrees and intensity. One of these is often known as the "TV screen", or "cinema screen" effect. This is exactly the same effect as frequently occurs during the Astral Projection process.

This "screen" is actually a "window" into the Astral planes. Should this situation occur you have two choices - either to observe the screen and to simply learn from these visions and what they mean to you, or you can alternatively convert the meditation into a full Astral Projection by imagining yourself moving towards the screen as it becomes larger and larger, eventually passing straight through the image in the screen into the Astral worlds.

It is also quite possible, and quite often occurs with some people in particular that the meditation can become a full out of body experience. The first signs of this would usually be the ability to "see" through your closed eyelids. This means that your Etheric body has already moved out of phase with your physical body as happens during a normal sleep cycle. You are actually viewing your surroundings with your inner senses rather than through your actual physical eyes. Should this occur you can maintain an absolute concentration and remain in a state of meditation, or you can simply decide to leave your body in order to enjoy the out of body experience. If you do decide on the OBE, then proceed as for an OBE. If you decide to remain concentrating on your meditation, then your Etheric vision might either remain, it might fade, or very often, as your vibrations rise it will give way to the "viewing" of the

## **12 March 2006 – Meditation Part 3**

Astral worlds, in which case you might proceed as described above.

As this is a meditation session it is preferable to choose the "viewing" option rather than converting to a full Astral Projection or an OBE, but the choice is always yours. It is always the best to follow your inner guidance, which can be much more powerful during meditation, being much more closely in touch with your Higher, or more accurately Inner-Self. Much can be learned by simply observing the Astral images displayed before you, and in particular any associated symbolism.

While meditating and focusing on your inner awareness your Mind is also tuned into the inner worlds of the Astral and Spiritual planes - this can be at any level depending on your level of vibration that will always correspond to the level of the Universe your Consciousness is focused within. This focus and awareness can frequently result in communications with beings such as Spirit guides, deceased relatives or even your Higher-Self. These possibilities are one of the most valuable aspects of meditation. Should you make contact with these Beings you will clearly "hear" their voices in your head, often just as clearly as if they were speaking to you in the physical world.

You might also "see" the beings you are communicating with by means of clairvoyance. It is most useful to engage in two-way communication when these opportunities arise - much can be learned about the inner realities and in particular about yourself and your life situations, but always depending on the precise nature of the Being you are communicating with. Communication is performed mentally by telepathy, either in the form of words, images or both.

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You can ask questions simply by thinking or imagining your questions as clearly as possible, and the answers will arrive back in a similar way.

As you progressively absorb yourself into your meditation your brainwave frequencies will progressively slow down. This also happens quite naturally from time to time during the day according to the type of activity you are engaged in at the time, but more usually occurs before going to sleep at night where the brain passes through all of the decreasing frequencies until you go to sleep completely. The highest brainwave frequencies occur in the normal waking state - this is known as the "beta" state characterized by very fast frequencies of between 13Hz and 40Hz. If brainwaves slow down somewhat, as often happens while for example daydreaming during the day, and which will usually happen as meditation progresses, the "alpha" brainwave state is reached. This alpha state is characterised by brainwave frequencies in the order of between 7Hz and 13Hz.

During meditation or trance work, after sufficient practice and experience, brainwaves can slow down even further to the "theta" state, characterized by brainwaves of a frequency of 3.5Hz to 7Hz. Theta level is the most profoundly clear and focused state - many people experience profound inspiration, intuition, ideas and other thoughts while in the theta state, originating both from beings of the inner spheres and from the Higher-Self. Theta is also the state of vivid imagery where the powers of imagination and visualization are particularly profound.

For answers to questions, manifestation, healing, to be discussed within Our Ultimate Reality, this book, theta would be the ideal state to achieve.

## **12 March 2006 – Meditation Part 3**

There have been famous scientists in the past that would place themselves into such a deep state of concentration and depth of thought that they would reach the theta state. Indeed, many such famous scientists have intentionally invoked the theta state for maximum inspiration and creativity. This has resulted in many important inventions and theories, a notable example being the "special theory of relativity" which was postulated by Albert Einstein while in a deep thinking theta state of Mind.

Meditation in general, and in particular deep, highly focused meditation with a high degree of concentration is an excellent way to achieve answers to almost anything at all. These answers will often originate from your Higher-Self, or more accurately your Inner-self, that part of you that is in the most direct contact with God, and these are all messages that are totally reliable. The Higher-Self is sublime, it knows everything that "Is", and is mostly concerned with your evolution.

Any inspiration, intuition or message from the Higher-Self is unmistakable for what it is, and must always be acted upon without question, always. Failure to act on inspiration from the Higher-Self will either lead to no result, or sometimes, worse, suffering.

These are just a few of the numerous possibilities and benefits resulting from deep meditation. For many people, particularly of the Far Eastern cultures, the ultimate objective of true meditation is to achieve such a profound level of inner Consciousness as to become one with the very highest of the Spiritual planes, a state mystically known as "Samadhi". Those who achieve this state of extreme bliss, approaching the innermost levels of Energy and vibration know beyond any doubts that everything in the Universe is indeed one, and that everything and

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everyone is an integral part of "everything that Is", The Source, God.

One of the most important aspects of the practice of meditation is to remain totally focused with maximum possible concentration, while maintaining your Mind free of all thoughts and external influences, and to accept and to learn from any inner situation arising. These include all of the possibilities previously discussed, but there are indeed many other possibilities. Maintain clarity of Mind and be prepared for any experience occurring during meditation from which valuable lessons can be learned and information or intuition gained. You will very soon find that your daily meditation is something you look forward to, and your meditation sessions will become progressively longer and more profound with practice. Dedication, commitment, and daily practice are keys to the practice of successful meditation.

I hope you have enjoyed your 3 part series on meditation. The important thing to keep in Mind is that meditation is not, or at least should not be perceived as some sort of mystical and/or oriental process while in some obscure, contorted position, but rather a profoundly beneficial experience that everyone can and should practice.

Meditation can help you to achieve anything, but most of all it places us in communication with the true source of our Being, and therefore of who we really are - infinite, immortal, unlimited aspects of The Source, The First Cause, "God", with exactly the same Divine potential, powers and capabilities.

Just as "God" is the creator the Macrocosm, Everything that "Is", as Divine, individuated but integral aspects of The Divine we have unlimited potential to achieve anything -

## **12 March 2006 – Meditation Part 3**

all we have to do is to realise that potential, and meditation is an excellent way of helping to achieve that.

**19 March 2006**  
**The Law of Attraction**

Understanding and consciously applying the Law of Attraction enables us to manifest anything at all we desire into our individual reality.

There truly is absolutely nothing that we cannot be, do or have.

Like everything in the Universe, we are all beings of Energy, extensions of The Source Energy, always attracting into our own individual realities similar Energy in complete accordance with the thoughts we vibrate. As we already know, the entire Universe is Energy and all thoughts are Energy characterised by vibration, and therefore thoughts attract precisely the Energy that is in precise harmony with the thoughts we hold in our Mind and are therefore vibrating and projecting into the Universe.

This same Law applies whether our thoughts are positive, negative or neutral, and the effects will be in precise accordance with those thoughts.

Like The Source, we are all therefore creators within the Universe, co-creators with God, infinitely creating by the powers of the Mind whether we are conscious of it or not. Most people are not yet aware of this fundamental, powerful and empowering truth, and accordingly have no control over their own life, always ascribing their situations to such notions as "luck", "fortune" and "chance".

Another fundamental truth is "ask and it is given".

There are no exceptions to this Universal truth. The instant we make a request to the Universe, which will be sent,

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transmitted and received in the form of unique vibrations of Energy, it is instantly granted, there are absolutely no exceptions to this truth.

We all learn by experience, so if we for example believe we need a castle in order to progress, then the castle is instantly granted so that we might learn of our own freewill, by experience, that we ultimately do not require a castle in order to evolve, being, as it is, merely a physical object of materialism demanded by the Ego.

The Universe can just as easily provide any such object in the physical world - nothing is ever too large or too small.

Where most people who understand these realities experience difficulties is not in the asking but in the receiving.

In order to receive anything it is necessary to be in vibrational harmony with whatever is to be received. This is an absolutely fundamental aspect of the Law of Attraction - like Energy attracts, and since any material object, be it a house, car, money or anything else is pure Energy, then it should be clear to everyone that the person attracting the object has to vibrate the same Energy frequency in order to attract and be in harmony with it.

Again, this simply cannot be stressed highly enough - everything in the Universe is pure Energy, an aspect and extension of The Source Energy, and all Energy attracts like Energy by manifesting in total vibrational harmony with it.

This is a reason that upon passing on from the physical to the non-physical worlds during the process erroneously known as "death", everyone is automatically attracted to

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that exact part of the Astral or Spiritual words, "the afterlife", that is most vibrating in harmony with our Soul and Spirit, and which in turn is determined by the precise state of evolution of each individual.

This is also how all evolution takes place, including our own individual evolution back to The First Cause. As we evolve, the vibrations of our Spirit are always in perfect harmony with the vibrations of the level of the Spirit worlds to which we progress.

Our own individual evolution therefore is still a fundamental aspect of The Law of Attraction, and in turn of Energy and Vibration.

There is nothing in the Universe which does not follow these immutable Universal Laws. Everything is conscious, intelligent Energy which in turn vibrates in accordance with its own unique characteristics. This applies to everything without exception, and therefore everything without exception is "life" and is accordingly evolving back to "The First Cause" from whence it first came forth.

One of the most fundamentally important things that anyone can and should do therefore is to be totally, consciously and permanently aware of The Law of Attraction, and to "live in Spirit" as a conscious co-creator of the Universe.

The person that understands and lives by these truths fears nothing, always existing in a state of joy in the knowledge that anything we need we can always attract every time - ask and it is always given - all we need to do is to understand how to receive.

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It is in the receiving that most people fail to materialise their desires. It is for this reason I spend considerable time and emphasis on the "receiving", in particular within my book, *Our Ultimate Reality*.

As you begin to fully understand these realities and integrate them into your Consciousness, seemingly amazing things will start to happen in your life. You will begin to attract everything you desire, people will appear in your life that vibrate in harmony with your desires, circumstances will manifest, all in tune with your vibration, all being attracted to you by what you are vibrating.

As your entire existence changes in accordance with your vibration you will know within every part of your being that you are indeed a co-creator in the Universe, and will henceforth approach life with joy and enthusiasm. Enthusiasm in fact is a highly appropriate word to define your state, being a derivative of the Greek word "en-theos", which literally means "in God". To live "in God" or "in Spirit", "en-theos", is to be in harmony with The Source, The First Cause, God of which we are all immortal, Divine aspects, having our existence as we do within the Mind of God.

As your realization and your enthusiasm grows you will become more and more in vibrational harmony with that which you wish to attract, and as a direct result more and more of that which you wish for will manifest into your awareness and therefore your physical reality. This is a self-perpetuating process that will very soon be noticed by those around you who will often dismiss your "fortune" as "luck". If appropriate, always strive to share your knowledge with those around you, but if they are not ready to listen, to receive and to understand, never force it upon anyone - their day of realisation will arrive sooner or later.

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In order to place yourself in vibrational harmony with your wishes you first need to experience them. Remember - everything that exists, has ever existed or ever will exist already exists in the Eternal Now beyond the physical space-time restricted aspects of the physical Universe, all you have to do is to attract it into your own individual reality by placing yourself in energetic harmony with it, thereby matching your own vibrations.

To experience it is to imagine it, visualize it and be an integral part of it in your Mind. Imagination is creation, and therefore when you imagine something it is very real, not some sort of "figment of the imagination", dream or fantasy. This is one of the very reasons creative visualization is so very powerful - by visualizing and mentally becoming a part of that which you are attracting you begin to match the vibrations that will cause it to manifest into your personal, physical reality. The quicker you can match those vibrations, the Energy involved, the sooner you will manifest the object of your visualisation, your wishes and desires into your life.

So to progress with being the creator of your own existence, relax, fully experience in your Mind that which you wish to receive, and then "let go and let God".

Another important aspect of The Law of Attraction is "expectation". You must always know, beyond any doubt that you already have everything you could possibly wish for - it is just a matter of receiving. You must therefore always expect to receive and never doubt even for a single moment. Always know, beyond any doubt that the Universe will provide.

A further important aspect of realizing your wishes is "desire". Unless you are in perfect harmony with whatever

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you wish for, it will not manifest into your existence, and desire for whatever it is you wish for is a very important component of this process. If you do not genuinely desire something then you cannot be in vibrational harmony with it, and it will not appear within your personal reality however much you believe you may wish for it.

So your wishes must always be fuelled by faith, desire and expectation, while never, even for a single moment doubting the results. Ask and it will be given, there are no exceptions, all you have to do is to place yourself into a state of receiving, and The Law of Attraction will operate with total, immutable action in manifesting the object of your wishes into your life.

The final key to success is gratitude, always being grateful for what you are attracting into your experience from the Universe of abundance.

With all of these factors in Mind it should be absolutely apparent to you by now that The Law of Attraction is extremely important, and key to happiness, fulfilment and joy.

You now know that you attract to you everything and anything you hold in your Mind, be it positive or negative. Your task therefore is always to accentuate the positive and reject the negative.

You know that there is absolutely nothing that you cannot be, do or have, and that all you need to do is to know this glorious truth, and that you can truly attract only those most positive, desired and wished for things into your life.

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The official arrival of "summer time" for many of us, with the putting forward of the clocks this week or next week depending on where you are, a new chapter in the years is heralded, a time of new life, increasing vibration and of course of creation.

Observing the amazing creative powers of nature is an excellent reminder of the fact that we are all an integral part of that same creative process, and all we need to do is to recognise, align and harmonise ourselves with that eternal process.

By bringing our thoughts, emotions and vibrations in harmony with the creative principle of the Universe, our Divine abilities as co-creators of the Universe are enhanced in tune with the process. All life is conscious, intelligent, omnipresent Mind, Energy and Vibration of which we are all inseparable aspects.

In the Far East the Universe is known as the "Tao", and being in tune with the Tao is the ultimate objective of its practitioners and for good reason. Being in tune with the Tao is to be in harmony with the creative principle and indeed the Supreme Creator, The First Cause Him/Herself, and this is the Divine objective of all of us.

To be in total harmony with the Tao, The Universe, God not only brings profound benefits, but as we continue along the path of evolution back to The First cause we become more and more in harmony with The First Cause, The Source Energy from whence we came, until the final ultimate harmony is reached, that of being in harmony with The Source.

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This is the ultimate destiny of everything in the Universe. It is not a matter of "if" but "when" we and everything else evolves back to The First Cause, The Source, God - this indeed is the true meaning of "Life".

Look around you right now. Whatever you see you have created for yourself by the thoughts you hold in your Mind. If you see "lack" you have attracted lack with your thoughts. If you see abundance you have attracted abundance - there are no exceptions to this.

Our reality is a result of an immutable Universal Law, The Law of Attraction, which always, without exception, operates with total precision.

There are fundamentally two types of people in the world today - those who understand and apply The law of Attraction, consciously creating the life of their dreams, literally, and those who do not and who often suffer as a result, often ascribing their situation to such superstitious nonsense as "fortune", "luck" and "fate".

Make no mistake about this - using The Law of Attraction you can heal any dis-ease of the body without exception. There is no disease known to mankind that cannot be healed, and no affliction of the physical body that cannot be healed - none. Providing you have the concentration, focus and above all faith, any healing is possible.

There is a remarkable person who brings this to us in a larger than life way.

Morris Goodman was a normal person doing normal things, as well as being an extremely successful insurance salesman, and in particular enjoying his hobby of flying. And then one day his life was turned upside down. While

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attempting to land his airplane one afternoon Morris crashed. With his neck broken at C1 and C2, his spinal cord crushed, and every major muscle in his body destroyed Morris was no longer able to perform any bodily function except to blink his eyes. His injuries were too severe for him to survive---or so the doctors said.

Most people would have accepted the word of the doctors, in effect as a hypnotic suggestion that would be accepted by the Subconscious Mind, and Morris probably would not have made it through the day.

Morris however rejected this unwanted "suggestion" by the doctors and replaced it with his own truth, the suggestion of becoming totally "normal" again.

According to the doctor's recovery was "impossible", but Morris new that there is no such thing as "impossible".

Anything is possible with The Law of Attraction and our only limitations are the thoughts we hold in our Minds.

Morris decided that he was going to walk out of the hospital on his own two feet to live a normal life. And that is exactly what he did.

Morris Goodman used the Law of Attraction to complete rebuild both his shattered body and his life. Today Morris travels around the world inspiring people with his amazing story to achieve great things.

For example, he helped a person known as "Michael", a dancer who had been paralysed from the neck down. Michael's dream was to dance on Broadway.

Morris said to him...

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“Michael, if you lose your vision and your dream, you'll lose your will to live and you may never get out of this wheelchair.

You have to see light at the end of the tunnel. You must be able to comprehend that you'll walk again. You have to see yourself dancing. You have to see yourself on stage, Michael. You must see yourself healed. You have to picture it... If you can't picture it, your physiology can't create it. Even if it seems impossible right now, you have to see the impossible becoming possible.”

Morris said “I gave Michael a special videotape and told him to watch it as many times as it took for him to see light at the end of the tunnel - to see himself walking and dancing”. I said, “You have to hold in your Mind's eye a virtual reality that is greater than your physical reality”. “And he cried and put his arm on my shoulder - he pulled me toward him and we held each other. At that moment he saw light at the end of the tunnel. With tears in his eyes, he said, “I'm gonna walk again.”

The story continues, but to keep it short Michael did dance again.

This is one of the most profound statements that anyone can take away from this inspirational story:

*“You have to hold in your Mind's eye a virtual reality that is greater than your physical reality”.*

This is one of the major keys to The Secret. If you can “hold in your Mind's eye a virtual reality that is greater than your physical reality” then anything is possible, because, in accordance with the immutable Law of Attraction, your virtual reality must become a physical reality - there can be

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no other result in accordance with the workings of the Universe.

We are not just flesh and blood and everything we see around is not "solid". Everything in the entire Universe is conscious, intelligent, vibrating, eternal Energy which responds instantly to thought. The Universe is "the Mind of God", the infinite Energy field, and we are all individuated Energy fields within this Energy field while still being an aspect of it.

Each of us therefore is a unique, conscious, intelligent Energy field in the Mind of God, we are "ideas in the Mind of God", Source Energy, and therefore we are "made in the image of God".

We are "God people" and as such we have infinite potential. We are only restricted by our thoughts.

To change our life all we need to do is to change our Mind.

I will conclude with this most appropriate verse by Henry Van Dyke:

I hold it true that thoughts are things -  
They're endowed with bodies and breath and wings -  
And that we send them forth to fill  
The world with good results, or ill.  
That which we call our secret thought  
Speeds forth to earth's remotest spot,  
Leaving its blessings or its woes  
Like tracks behind it as it goes.  
We build our future thought by thought,  
For good or ill, yet know it not.  
Yet, so the universe was wrought.  
Thought is another name for fate -

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Choose, then, thy destiny and wait,  
For love brings love and hate brings hate.

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It is a very powerful fact that the vast majority of people in the world today are failing to achieve their full potential, happiness, wealth, health and desires through a complete lack of understanding of the way in which the Universe operates in its immutable, perfect, loving way.

When we choose to incarnate into the physical world we do so in full knowledge of who our parents will be, what challenges in the next physical life we will be faced with, and the determination to realise, understand and to meet those challenges, thereby learning vital lessons, to evolve Spiritually and to achieve total joy while doing so. It is only in achieving these and other important objectives can we be fully aligned with The Source, our Creator, God.

We are all expressions of God, expressed in all spheres of existence with Unconditional Love and natural, instinctive, powerful desire to evolve, ultimately back to God as a perfected aspect of God. This is indeed the absolute true meaning of all life of which we are all inseparable aspects. We are all, each and every one of us, immortal, Spiritual, Divine Beings joyfully journeying along the path back to God Who first gave us the precious gift of Life.

Over the years however mankind has steadily, and increasingly turned its back away from The Source, our Creator, God, and towards an alternative existence involving gross materialism, dogma and indoctrination, thereby becoming the slave of mammon. Most people are influenced by such erroneous factors such as what is expected of them by those around them, what other people think in the game of conforming to society and the "way

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things are done", and above all by the trappings of material desire, vanity and of the individual Ego.

It is only when an individual realises these truths and has the courage, strength and determination, all of which will be fully supported by the Universe, to face up to them can that individual become truly free to fulfil his or her destiny with total joy, meaning and purpose, and to attract anything and everything that they can possibly desire into their lives.

In order to achieve this state of awareness it is necessary to consciously become an open channel through which the Universe, The Source, God can express in the physical world. This means always being totally open to the Universe and acting accordingly in the same direction. Most people today unfortunately do exactly the opposite by always endeavouring to conform and live up to the expectations of others, the pursuit of material gain, and forcing things in a perceived direction by physical means. Instead of being an open channel, a source of expression of God and of their Higher-Self, they simply think about everything too much with a desire to physically "do" things in an attempt to force things the way they want them to go, which very often is totally contrary to the flow of the Universe. Quite simply they have failed to "let go and let God" and as a direct result people suffer, fail to reach their full joyous potential and fail to evolve, thereby ensuring yet another incarnation on Earth in order to return once again in order to fulfil everything that was failed to be fulfilled in the previous lifetime.

The vast majority of people incarnate on Earth today are within this cycle of birth, Earth life and transition back to the Astral worlds to review what has or has not been achieved before returning to Earth again in order to correct the counter-productive actions of the previous life, and of

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course to hopefully make progress towards the ultimate objective on the path back to The Source, The First Cause, God.

Of course at the same time every single human without exception has to go through an evolutionary phase, often including hundreds of lives on Earth over the course of many thousands of years. This is a natural and necessary aspect of individual evolution. Without many cycles of Earth life experience it will not be easily possible to acquire the necessary level of Spiritual evolution and Energy vibration to continue along the path back to God. However, this cycle of the Earth human race has been and is being protracted by many factors, including gross materialism, creed and dogma and the "human paradox".

Unfortunately, even in the 21st century, society is still operating a system that has been in operation for centuries, thereby trapping people from a very young age in a cycle that prevents happiness, fulfilment and evolution. From the first day a child is born into what should be a glorious, joyful and fulfilling existence they are indoctrinated into the trappings of the material world. A child is taught to focus on the five physical senses, to behave in a certain way that precludes maintaining their still strong connections with the inner worlds from where they so recently arrived, and they are taught to treasure material things including toys representing what their parents hope they will materially become later in Earth life.

Later children are told by parents, relatives and teachers that they must go to school in order to get the qualifications required in order to get a "job" so that they may work for the next 40 years before retiring on a pension, but only after the physical body, Mind and Spirit has often been traumatised to a high degree, and where they can live the

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remainder of their lives in the hope of surviving in a non-caring world for the most part.

From the moment of birth the Mind of most children is shaped by parents based upon their own perception of what life "is all about", and usually based upon their own current circumstances in terms of type of job, type of street and house to live in and many other factors, all based upon the situation and aspirations of parents, relatives and others. Many children are taught that it is wrong to aspire to a life that is outside of their "station in life" and they should focus on the lifestyle that their parents have always accepted.

The Mind of a child at both conscious and Subconscious levels is very impressionable, and it does not take many years of having the ideals of parents repeatedly conveyed for them for the Subconscious of the child to accept it as reality, and from that point onwards it will become the reality of the child just as it was for the parents.

Finally, often sooner rather than later, old-age and failing health finally takes its toll and the welcome release back to the non-physical worlds once again takes place. Once the transition to the Astral worlds has taken place during the process known erroneously as "death", the Soul will have every opportunity to reflect on what might have been for that most recent Earth life, what was not accomplished and why, thereby eventually resolving to return once again to Earth in order to achieve those same objectives the next time around.

The Soul will then know that for their entire stay on Earth, rather than conforming to the hopes, aspirations and expectations of others based upon their own reality, they, as powerful Spiritual beings with freewill could have created

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any reality at all consistent with the lessons to be learned on Earth during physical life, and that there is really nothing at all they cannot be, do or have.

Humanity is currently stuck in this paradox, a cycle of often what amounts to misery due to creating a reality that is not consistent with the true mission of the Soul, and it is not until this cycle is broken that everyone can find true joy, fulfilment and happiness, and above all true evolution along the path back to God, to Whom we all have the ultimate duty to return as perfected human beings made in the true Spiritual image of our Divine creator.

The current system of education and society originated three hundred or more years ago. It might well have worked back then but with society still enforcing these principles, supported by creed dogma and the indoctrination of parents, teachers and society generally, mankind has actually failed to progress as the Universe intends - people have failed to evolve with the joy and fulfilment of Spirit.

Children are told to go to school, study certain subjects, achieve certain qualifications, get a certain job, and then work in a certain office, factory or other place of work in order to earn the basic money required for material things in order to satisfy the material and personal demands of the Ego. The pressure to conform and go through this routine is usually so strong that most people quite simply cannot resist it, even if they knew the alternatives, the real reason they are here.

People might say that money is necessary even to acquire the basics of survival such as food, clothing and shelter. Yes of course this is true, but the fact is we are here to attract and enjoy unlimited wealth if desired, and not

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simply the very basics for survival in the Earth life system. There is a very big difference however between "wealth" and "money" and it is this distinction that has led so many people astray, continues to do so today, and will continue to do so until the Consciousness of mankind begins to understand and live by these realities and, most importantly each individual live their life accordingly.

The Universe has unlimited wealth, riches and abundance just waiting to be delivered to each and every person. Ask and you shall receive, every time, there are no exceptions to this. The Universe does not recognise favouritism, luck, chance or any other such very human notions often used as an excuse by people to blame their own lack of progress on "other" factors that are perceived to be outside of themselves, when in fact they are always an inseparable aspect of such a person.

Many people however simply do not know how to ask or to receive, and they therefore fail to achieve abundance, joy and happiness, instead becoming a slave to society, family and above all to themselves.

The vast majority of people in the world today are not taught how to attract unlimited wealth, but rather how to "make money". It is in the making of money that so much misery has been wrought upon all of mankind, with the gross materialism driven on by the Ego and self-interest resulting in the misery we see today, being the direct result of this desire to "make" ever more money for the benefit of vanity, the Ego and business profits, and to conform to the demands and expectations of family, friends and others.

Very few people achieve true "money" freedom, and even those that do are very often not at all happy, fulfilled or joyous about their situation simply because they felt

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compelled to "make" their money at a very physical level, often attracting much misery in the process, both to themselves and to others. "Making money" is not the same as "attracting wealth", abundance and the resultant true emotional freedom, joy and fulfilment.

Only those who can fully understand how the Universe, The Source, God channels abundance through His/Her expressions within the physical world, through mankind, through each and every person, can and will achieve as much abundance as they can possibly desire, and most importantly with the true joy, happiness and emotional freedom that goes with it.

This means throwing off the shackles of society, the creed, dogma and indoctrination and the opinions and expectations of others in order to become a true channel for abundance. Those who can do this will answer those who may be critical by virtue of an extremely joyous, happy, fulfilling life on Earth, and one in which all desires are realised at will.

It has often been noted that those who physically seem to "work" the hardest all of their lives seem to have the least money, possessions and true happiness, whereas those who seem to "work" the least often seem to enjoy unlimited abundance, joy and true freedom. Many people will view such happy, joyous and fulfilled people with envy, often accusing them of achieving their riches through some sort of illicit means, or they might accuse them of being "lucky", "fortunate", or "in the right place at the right time" or of some other erroneous factor. The fact is these are mere excuses to the people making these observations, a way of justifying to themselves that it can never happen to them.

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It is a very sad but true fact that many people still prefer to make use of their time in seeking to find fault with others rather than to celebrate their success and to be truly joyful that a fellow brother or sister human being has discovered true joy, happiness and fulfilment.

Unfortunately today many people instead look towards failure and revel in the failure of others, a really terrible indictment on humanity generally. The simple and powerful truth is that those who have achieved such levels of true fulfilment have done so by casting off the shackles of society and have become open channels by which God can express fully in the physical world, thereby being blessed with unlimited abundance, joy and happiness.

So the question is - how can anyone escape from the chains of modern society to which they are currently bound in order to realise their true potential? These questions and others will be fully dealt with in the next chapters of this book. Suffice it to say that every single person on the planet has the ability to attract unlimited abundance, all they have to do is understand that fact and have complete faith and gratitude while taking all of the necessary actions for what can seem like an extremely rapid, joyous and very real transition.

One of the most powerful and truest expressions of all is quite simply Let go and let God. In China a philosopher known as Lao-Tzu said the following.

"In the practice of the Way every day something is dropped. Less and less do you need to force things until you finally arrive at non-action. When nothing is done nothing is left undone".

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These are very powerful words indeed, and once they are fully grasped will place you in a much better position to start attracting the abundance, joy and fulfilment that you truly desire.

The fact is - mankind is currently so focused in the material world that he is always "forcing" things by endeavouring to "do" things all the time. If a person desires something they automatically believe that a physical action is required in order to achieve it, thereby "forcing" things in their direction. Such force might well bring about the intended result, but nevertheless Universal laws are immutable, and the force of that cause will always have a corresponding effect - there are never any exceptions to this.

Whatever the person was forcing is not actually a "physical thing" it is in reality Energy, the very same Energy from which all things are made, and in forcing that Energy in a certain direction, a direction that might not have been the natural direction of that Energy, then a disharmony has occurred which the Universe will always balance. The entire Universe is Energy, vibration and Mind, and Energy is therefore guided by the Mind, not by the physical effort of "doing".

Many people in the world today operate with the belief that the only way to achieve anything is to take a physical action, often motivated by greed, fear, uncertainty and other negative, irrational and primitive human emotions. It is this desire to physically "do" something in order to force a perceived objective that often brings about the opposite effect. It is simply not possible to "do" anything against the flow of the perfection of the Universe and the immutable Laws in constant operation that are responsible for the perfect order of the Universe. People are therefore focused on "doing" instead of simply "Being". In order to achieve

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anything it is first necessary to "be" rather than to "do". It is therefore always the "being" that precedes the "doing", there is not and cannot be any other way.

This is of course not to say that we should never "do" things. Quite the contrary in fact - action is often necessary, but the action must always be aligned completely with the flow of the Universe - you first must "be" and then you can "do". It is by being an open channel, always receptive to intuition, inspiration messages from inner sources that the necessary Energy arrives requiring an action that is in total alignment with that Energy.

In terms of receiving abundance you might for example have projected a desire for something in accordance with the Law of Attraction, and the realisation of that desire will sometimes include the requirement to take a physical action in a certain direction in order to align the Energy involved, and thereby allowing the object of your desire to manifest into your physical reality. Although we all create our own realities at all levels of the Universe, while we are focused within the physical world in a physical body The Universe, The Source, God will make use of physical channels in order to bring anything that has been attracted into observable, tangible physical reality. But please note: in this case we first had the "being" before the "doing" became necessary. It was never necessary to decide on what you want and then to take immediate physical action to force it in your direction.

There is a process however that must be followed in order to attract true abundance, and most importantly with the complete joy, happiness and fulfilment that goes with it. You must first of all decide precisely what you desire. Part of this process is to think very deeply or better still to meditate on your desire in order to be absolutely sure that it

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will add to your life in a positive and fulfilling way. This step should never be hurried.

Once you have decided that you really do want that object of your desire, you need to turn your attention fully towards it, no longer as a desire but as if it is already a total reality in your life, experiencing all of the emotions associated with it.

You continue to do this while being totally open to messages, intuition and circumstances that will start to appear in alignment with your desire. When these arrive you must immediately recognize and take the appropriate actions according to the nature of the message. Please note that it is only at this stage that actions are sometimes required as a result of simply "being", and not as a result of attempting to force things in your direction.

The final step is in the receiving. It is very important indeed to be fully aligned with the vibrations of all Energy involved in order to be in total harmony with whatever it is you are receiving, which will be vibrating at the same configuration of Energy. It is worth noting that many people actually do attract at least abundance to themselves without realising it, by virtue of their thoughts and emotions which are always responded to by the Universe, however they simply do not know how to receive. This is analogous to a door whereby the person is on one side of the door in a closed room accompanied only by his or her desires, while everything they have ever desired is piled high on the outside of the door, never being able to open the door to "deliver" the desired to the person who attracted them. Ask and you shall receive, but only if you have the channels open to facilitate the receiving. It is necessary to understand how to receive that the door might be permanently open, or indeed not exist all providing for a

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free channel for abundance from the Universe, together with all of the freedom, fulfilment and absolute joy that accompanies it.

So therein is the true human paradox. Mankind is largely stuck in a "no pain, no gain" attitude of society, largely driven by materialism, vanity and the uncontrolled Ego, with a perception that in order to achieve anything worthwhile direct physical action must first be taken. This is brought about by the materialistic focus of people generally, largely as a direct result of conditioning from a very early age by a society who lost its way millennia before.

Children from birth are indoctrinated into this system by parents, relatives and teachers. Even though children will from birth instinctively know why they are here, what must be accomplished and how Divine laws operate with them in achieving their objectives, the assault of material indoctrination is so powerful, and from so many different human influences that the conscious Mind takes over and overwhelms the true knowledge and purpose, while ignoring the constant stream of inner messages and guidance from within.

From that moment on the child becomes another slave of mammon, "working" in the physical world for material possessions, taking whatever direct physical actions are necessary to achieve the perceived objectives by forcing things in that direction. People not only spend their lives chasing ephemeral, physical, material things in order to satisfy the constant demands of the Ego, family and others, but they do so often not only to enhance their own lifestyle but rather to conform to the expectations of others, and very often quite simply because it is "the way that things are done". Other physical actions are motivated by greed,

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fear and uncertainty, all still very insidious characteristics of much of mankind today.

It is only when this human paradox can be set aside that mankind can once again fully align with The Source, The Divine, God, and once again become a true channel of the abundance, freedom and absolute joy that is the right of every single person as a true son or daughter of God, an expression of God made in the true Spiritual image of God.

And finally always keep in Mind that there is no "yesterday" or "tomorrow" there is only "Now", and it is in the "Now" where our reality is created.....

Look To This Day

For it is Life, the very Life of Life.

In Its brief course lie all the Verities and

Realities of your existence -

The Bliss of Growth -

The Glory of Action -

The Splendour of Beauty -

For Yesterday is but a Dream,

And tomorrow is only a Vision:

But Today well lived makes every

Yesterday a Dream of Happiness, and

Every Tomorrow a Vision of Hope.

Look well, therefore, to This Day.

- From the Sanskrit.

## **9 April 2006 – Quantum and Holographic Universal Attraction**

### **9 April 2006 Quantum and Holographic Universal Attraction**

In this newsletter we often discuss the "wisdom of the ages" in the context of the Law of Attraction, because these Universal Laws, principles and realities are indeed ageless, eternal and infinite, and like The Source, The First Cause, God Him/Herself are at the same time omniscient, omnipotent and omnipresent.

However, modern quantum physics whether the scientists would publicly admit it or not, are in total agreement with this ancient knowledge.

It continues to amuse me that quantum physicists continue to treat their profession as a pure science, almost as if it is separate from "everyday reality". They know very well that what they discover, practice and write about is really no different to the teachings of the most ancient philosophies, and the only thing that really differs is the scientific language used.

If only everyone would remove these barriers to stand united and state quite categorically to the world that "there is only one Universe, One Reality and One Truth, and this is it....." then the entire world would change for the better from that moment forth.

Quantum physics illustrates how everything in the Universe, in all dimensions of life and reality ultimately consists of "Quanta" of Energy, vibration. This Energy not only pervades and is integral to everything in existence, it is also "living" Mind, living Consciousness.

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Everything in the Universe therefore has its being within this infinite intelligent Energy.

Everything is an aspect of this infinite intelligence, every person, every animal, every tree, every star and every planet, and every micro-organism, however small, is ultimately an equal aspect of the very same Energy - there is no separateness except as an illusion created by the Ego and five physical senses - we and everything in the Universe without exception are one.

Because the Universe is infinite intelligence of which we are all integral aspects, Quanta of Energy are influenced by the Mind - thought also being pure Energy. Whenever you look at a possession such as a house, a car, a television set, they are in fact nothing more or less than an arrangement of Energy, or Quanta, ultimately created by thought processes of the Mind. If these objects were to be inspected very closely, it would be apparent that they are not solid at all but are rather composed of Quanta of Energy vibrating and moving at extremely high rates in an out of the object being observed.

Nothing can exist permanently unless it is observed because it is Mind that controls and shapes Quanta of Energy, and without that focus of the Mind the Quanta would once again become a "potential" for something else. If for example everyone in the world were to cease observing the world and everything in it, by ceasing to focus on its perceived existence, then everything would cease to exist.

There would be no thought Energy to maintain the illusion of its existence anymore. This is why the Earth and everything it comprises, as well as the entire three-dimensional Universe is referred to in some cultures as

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"Maya", and illusion. The Earth and physical Universe are indeed an illusion and a grand scale, and will one day be realised as such by all mankind once evolving beyond the illusion of the physical Universe.

Quantum physics completely confirms this by recognising that something can only actually come into "existence" when it is observed. Of course "existence" is a term relative to the five physical senses - everything that exists now has always existed and always will exist, it is only the illusion of form that changes in response to thought, Mind. When something is observed, Quanta come together to form sub-atomic particles, and in turn atoms, then molecules until finally something manifests in the physical world as a localized space-time event that can be observed by the five physical senses.

This process is the very basis of how each and every person creates their own reality. Every single thought, as Energy, directly and instantly influences the quantum field causing Quanta in the form of Energy to arrange themselves into a localised, observable event, object or other influence. This in fact is also the basic of true "Magic". The magician, and those who understand and are in harmony with Universal laws are conscious creators, whereas most people are unconscious creators, always constantly creating their own reality by their own thoughts, but never realising, usually ascribing everything to such notions as "luck", "chance" and "fortune".

Conscious creation is also the basis of the Law of Attraction.

In quantum terms, Quanta can also be regarded as "packets of probability". Every Quanta of Energy has a potential to be anywhere at any time, and can be influenced by thought

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or other Quanta. For example, if you wish to meet someone for the first time, that person has the potential to exist anywhere in the world.

When you make the decision to meet with this person in a particular place and then subsequently do so, that person no longer has only potential, he or she has actually manifested as a physical reality into your life in accordance with the mutual will of both people. Once your meeting has concluded, the person will leave and become a potential person once again relative to your own physical reality.

Quanta, including those of which you are constituted are not bound by space or time. Quanta are spaceless, timeless and exist everywhere concurrently. We therefore as aspects of the Universe, The Source of God are also boundless, spaceless and timeless beings existing concurrently everywhere in the Universe.

We have no limits, no boundaries, no specific point of existence, these are all illusions created by the Ego and the five physical senses and the fact that most people are focused entirely in the physical world which they continue to observe and regard as reality. Everyone is an integral aspect of the same Mind-field, much bigger and more powerful than most people can possibly realize or have the capacity as yet to comprehend.

The Universe conceptually consists of illusions of the "observer" and the "observed". In this way the Universe, The Source, God, evolves experientially having both the capacity to observe and be observed, as do all individuations of God including human beings all of whom are such expressions of God made in the same true Spiritual image.

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The observed is meaningless without an observer, and likewise the observer is meaningless without being observed. It is therefore by this process of individuation that the process of the observer and the observed is perpetuated, and evolution, expansion and growth infinitely continues.

The entire Universe of which we are integral aspects is a vast expanse of Energy vibrating at different rates from the lowest vibration of matter to the highest vibration of The Source, The First Cause, God. The illusion of separation is perpetuated by virtue of the way in which Mind perceives and decodes these vibrations. So "things" only exist because we observe them and our Mind decodes the vibrations of the Energy of the "thing" being observed. Without this observation, the "thing" being observed cannot exist, except as a probability within the vast expanse of Energy constituting the Universe. So everything in the Universe is a probability of existence until such time as it is observed and its Energy is decoded by the Mind, at which point the probability becomes an actuality while it is being observed, after which it becomes a probability once again.

Everything within the Universe is in the direction of life, evolution and growth, nothing ever stands still or fails to evolve - this is the Law as it applies to all levels. By the process and individuation and thereby the perpetuation of the illusion of the observer and the observed, growth can continue, but both are required. There can be no growth without the observer and the observed, because there would be no basis upon which to learn and therefore to evolve.

As body, Soul and Spirit, our Ultimate Reality is infinite Energy and intelligence beyond the boundaries of space and time as a true Son or Daughter of God, existing infinitely and concurrently across the entire Universe in all

## **The Our Ultimate Reality Newsletters**

spheres of life and reality. Our localised reality is simply our point of focus, our point of conscious awareness, which, for most people, for the time being, is within the physical body - most people still erroneously perceiving themselves as completely separate individual people, housed in a body of flesh. Only when everyone begins to fully understand their own nature as infinite Spiritual beings of the magnificent multi-dimensional Universe can the human race turn back towards its true purpose, to evolve back to the First Cause, The Light, God.

The nearer to The Source we reach, the more we experience the glories of The Light until finally reaching, and having the potential to reunite with The Source of The Light, and to once again cease to be existed as an individuated Being, but rather to be at One with God. This is the ultimate meaning of life, our ultimate purpose, Our Ultimate Reality.

So at the final analysis, it is clear that there is only one truth, one Universe and one reality.

It does not matter one iota how much dogmatic, Orthodox religions or any other sector of "society" seek to dispute this for their own purposes, usually those of control, the Ultimate Reality is indisputable to all those who chose to think for themselves and see it, thus feeling themselves from the chains that have shackled humanity for at least the last 2000 years.

Our Ultimate Reality contains everything you need to know about these most important matters, what they mean to you, and how to make pursue your own true destiny.

**16 April 2006**  
**Energy, Vibrations and Telepathy**

There are many "types" of vibrations. It would be more accurate to say that Universal vibrations have an infinite number of characteristics, and it is these characteristics that influence us - often profoundly.

I receive a lot of message about such diverse areas as Telepathy, Telekinesis and The Law of Attraction, but in reality these are all closely related - by vibration.

Psychic influence is vibration whether deliberate or not, conscious or Subconscious. Personal magnetism is vibration on a more personal level. Most importantly The Law of Attraction is vibration. Of course when we talk about "vibration" we mean of Universal Energy.

So all of these things whether Telekinesis, Telepathy, The Law of Attraction are all characteristics of Universal Energy and further of balance. The Universe always seeks balance and harmony. If it did not do so the Universe would collapse in an instant. The very highest vibration of all, the sustaining vibration, is Unconditional Love, which is a whole subject of its own. Suffice it to say for now that Unconditional Love is very real and very powerful, and not some "Mystical" or "New Age" doctrine, even though, like many things it gets confused.

In the case of The Law of Attraction we attract the same vibrations that we vibrate by means of thought - so if we vibrate a new house it will manifest into our experiential reality as the Universe brings about harmony.

But what of these more "metaphysical" abilities such as Telepathy?

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One thing we should note from the outset is that our physical brain has an "interface" which translates Energy produced at a physical level to Energy at the Spiritual level. The intermediary for this is our Energy body and "Chakras" which act as "step up" or "step down" transformers so that the much higher vibrations of the Universe can be stepped down to the physical level where they can be deployed.

One of the most important of the "Chakras" or Energy "centres" is the brow Chakra also known as the "third eye".

Over the course of millions of years the brow Chakra has become atrophied in "modern man", but is still much larger in more remote cultures and other beings such as "cats" which is why they are considerably more "psychic".

So today we will take a closer look at this important gland in relation to telepathy.

The pineal gland is a peculiar mass of nervous substance which is embedded in the human brain, in a position near the middle of the skull almost directly above the extreme top of the spinal column. It is shaped like a small cone - and is of a reddish-grey colour. It lies in front of the cerebellum, and is attached to the floor of the third ventricle of the brain. It contains a small quantity of peculiar particles of gritty, sand-like substance, which are sometimes called "brain-sand." It derives its scientific name from its shape, which, as I have said, resembles a pine-cone.

Physiologists cannot agree about the function of this strange organ, and generally content themselves with the statement that "its functions are not understood." But occultists know that the pineal gland, with its peculiar arrangement of nerve-cell corpuscles, and its tiny grains of

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"brain-sand," is the physical telepathic receiving instrument. Students of wireless telegraphy have noticed a startling resemblance between the pineal gland and a part of the receiving instrument employed in the old practice of wireless telegraphy.

The thought vibrations coming in contact with the nervous system of the receiving person set up a particular vibration in the substance of the pineal gland and thus the first step in the transformation of these vibrations into thought-forms in the Mind of the person is under way. The remainder of the process is too technical, both in the physiological as well as in the occult sense, to be discussed in great detail within this newsletter.

And, now then, let us see what results from the sending forth and receiving of these mental and emotional waves of force and energy.

Each person is constantly surrounded with what has been called an "atmosphere" composed of mental and emotional vibrations which are emanated from his personality. This "atmosphere" is also known as the Aura".

The atmosphere or Aura of each person depends upon the general character of the thoughts and feelings of the person in question. Consequently, as no two persons are precisely alike in character, it follows that no two personal atmospheres are exactly alike. Each person has a psychic atmosphere of his or her own.

These atmospheric vibrations do not extend very far from the presence of the person, and, consequently affect only those coming near to him.

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In the same way, every group or crowd of persons has its own psychic atmosphere, composed of a blending of the individual psychic atmospheres of the persons composing the crowd, group or assemblage, and representing the general average of the thought and feelings of the crowd. There are no two group atmospheres exactly alike, for the reason that no two groups of persons, large or small, are exactly alike.

Actors know for example that each audience which they face has its own psychic atmosphere, and the actors are affected by it.

Preachers, lawyers, and speakers in general are quite aware of this fact, and freely admit it, though they may not be acquainted with the causes or laws governing this particular "psychic phenomena".

Following the same psychic law, it will be found that every town or large city, or even every small village or section of a larger town, will be found to have its own distinctive psychic atmosphere, which is very perceptible to strangers visiting the place, and which affect those who take up their residence in the same area.

In large cities, it has been noticed that every building has its own peculiar vibrations which arise from the general character of those living there. Different church buildings likewise reflect the character of the general habits of thought and feeling of those worshipping in them. Likewise, certain business streets have pleasant or unpleasant vibrations in their atmosphere, from the same causes which is the reason why some "locations" are very successful for business and some are disastrous and the businesses invariably fail.

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The same is true of individual shop units whereby every business that sets of store there will fail, whereby a similar business just down the road will prosper.

Every person recognizes the truth of these statements, though but few are able to account for the facts in a metaphysical manner.

The beginner in the study of psychic phenomena often asks how these things can be, when the thought which has occasioned the vibrations have long since passed away. The explanation is simple, when properly explained. It is something like this: just as heat remains in a room after the stove has ceased to throw out heat-waves, so do the vibrations of thought and feeling persist long after the thought or feeling has died away. Or, if you prefer a more material illustration, we may say that if a package of perfumery has been opened in a room, and then removed, the air will remain charged with the odour for a long time afterwards.

So, you see, the same principle applies in the case of psychic vibrations. The person carries around with him the general atmosphere of his characteristic mental and emotional vibrations.

And, in the same way, the house, store, church, street, town, or city, etc., is permeated with the psychic vibrations of those who have frequented them. Nearly everyone realizes the different feeling that impresses him when he enters a strange house, apartment, store or church. Each one has its own difference of psychic effect. And, so does each person create his or her psychic effect upon those coming in contact with him or her, or who comes into his or her presence or vicinity.

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Another question asked is this:

If people are constantly sending out psychic vibrations, and if such vibrations persist for some time, why are we not overwhelmed with the force of them - and why are they not all so mixed up as to lose all their effect?

In the first place, though we are constantly affected more or less by the multitude of psychic vibrations beating upon us, still the greater part of them do not consciously impress us.

For an example, we have but to consider how few of the sounds or sights of a busy street are impressed upon our consciousness. We hear and see only a few of the things which attract our attention and interest. The rest are lost to us, although our eyes and ears receive them all.

In the same way, we are impressed only by the stronger vibrations which reach us, and then only by those which we have attracted to ourselves or which prove attractive to us by reason of our own likes and dislikes.

In the second place, the effect of certain thought vibrations is neutralized by the effect of the vibrations of thoughts of an opposite character. Just as a mixture of black and white produces the neutral colour of grey, so do two currents of opposing thought vibrations tend to resolve themselves into a neutral vibration which has little or no effect upon those coming in contact with them. You may think of numerous correspondences to this in the world of material things. For instance, a mixture of very hot and very cold water will produce a neutral lukewarm liquid, neither hot nor cold. In the same way, two things of opposing taste characteristics, when blended, will produce a neutral taste having but little effect upon one.

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The principle is universal, and is all about Energy and Vibration.

There is that which we may call an "affinity" between thoughts and feelings of a similar character. Not only do the vibrations of similar thoughts tend to coalesce and combine - but, more than this, each one of us attracts to himself or herself the thought vibrations which are in general accord with corresponding thoughts in our own Minds, or feelings in our own nature. Like attracts like. In the same way, the character of our thoughts and feelings act to repel thought or emotional vibrations of an opposite or inharmonious nature.

So again, at all levels we attract thought vibrations in harmony with his or her own - and also repels thought vibrations of an inharmonious nature in accordance with The Law of Attraction.

The Law of Attraction does not only relate to attracting "things", but also people and situations by induction.

These are the general laws and principles governing the phenomena of this phase of telepathic vibrations. There is much more to be said on the subject, of course but these will need to wait for another week or even a complete work on these important subjects.

The most important fact to keep in Mind however is that the Law of Attraction is Universal and immutable within the omniscient, omnipotent and omnipresence of The Universal principle, or "God" in Whom we live and move and have our Being.

Everything is about Energy and Vibration and how we influence and interact with Energy. The "things", money

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and health we experience, the people we attract and communicate with at all levels are all about Energy and Vibration, and once we understand this and how Energy is influenced by thought, we know that if we "change our Mind, we can change our life.

## **23 April 2006**

### **The Value of Astral Projection**

If there is one subject I receive more messages about than many others it is Astral Projection and the related abilities of Out of Body Experiences and Lucid Dreaming.

Of course, the number one question of all is "how can I reliable project" or words to that effect. Literally tens of thousands if not hundreds of thousands of people have at some time or another attempted Astral Projection but unfortunately given up after limited or no success, often after using difficult "mystical" methods that are beyond the ability of most people to achieve easily or at all which is quite understandable.

Most people are aware of at least some of the profound benefits of Astral Projection, which of course makes a lack of success all the more frustrating, but for those not yet familiar with the benefits, here are just a few of them:

1. Greater awareness of the true nature of "reality". People who experience an existence beyond the confines of the physical body are plain and simple transformed forever. The world today is in the state it is in due largely to the fact that most people focus on and believe that the physical world is the only reality, have only one opportunity to "live", and are determined to make the most of it at all costs. It is the "at all costs" aspect that is particularly damaging and continues to be so.

2. Astral Projection is a means by which anyone can personally verify their own immortal, Spiritual, indestructible nature. Having experienced life separate from the physical body, the projector is left in no doubt about the continuity of life after the event erroneously

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known as "death", and as a result of which the fear of "death" disappears forever.

3. Following on from the above, people immediately understand that the process known as "death" is actually an amazing, profound, glorious Spiritual adventure, and one to look forward to rather than to dread. Of course it is always most important to keep in Mind that we are all, every one of us here for a purpose, and it is our duty to fulfil that purpose. Failure to do so means a missed opportunity and often the need to return to "get it right" next time.

4. Increasing desire for knowledge. Once you realise that this planet Earth is but a tiny aspect of the life and of the Universe, there is an all consuming desire to learn more, and that desire alone will cause the Universe to respond to that desire.

5. Increased Psychic abilities. Out of Body experiences almost always activate psychic abilities such as clairvoyance, mediumship, ESP etc.

6. Power of Healing: While out of body healing potential and abilities are enhanced dramatically and many things become possible that might by the uninformed be regarded as "miraculous". As we know from previous newsletters all ailments, dis-eases, illnesses etc. originate from the inner Energy levels of our Being. The outer, physical shell is merely an observable reflection of those dis-eases. Out of body the origins of the dis-ease can be observed and cured by the powers of the Mind alone.

7. Powers of the Mind and The Law of Attraction: This benefit is extremely important. We have discussed at length how we all create our own reality by our predominant thoughts. To many people who have not been able to verify

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this absolutely immutable Universal reality in can be difficult to grasp. However, due to the much higher levels of vibration and correspondingly lower density of Energy levels beyond the physical world, we can actually observe our thoughts taking shape, leaving us in no doubt about this process. We can actually observe that the more we focus on something the more "tangible" it becomes. Due to the high density and low vibration of the physical world this process can take more effort and a longer time to achieve, but the important thing to remember is that there is only one set of Universal Laws, and if it applies to Energy levels beyond the physical, then it must also apply to the physical itself. Knowing this means more freedom and the ability to create our own reality as any doubts about the truth of The Law of Attraction and creating reality with our thoughts are erased forever.

8. Much enhanced rates of personal evolution. Having experienced, at first hand the truth of our own Spiritual nature, and knowing, beyond all doubt that everything we have learned in theory is also true in practice, then any doubts are cast aside and we become free to evolve at a much greater rate. We become free, or as the saying goes: "and ye shall know the truth and the truth shall set you free". Make absolutely no mistake on this - the truth will set you free.

9. Meeting with "deceased" people. Yes - this is a big issue. Out of body we are free to travel anywhere within the personal limits of our personal evolutionary vibration which is a function of our individual state of evolution or "Spiritual perfection". This means that we can usually visit anyone who has previously made the transition simply by thinking about them and being in their presence. During such meetings we can obtain facts that only the "deceased" person will know, and subsequently verify it upon returning

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to the physical body. This alone provided considerable comfort to many, knowing that their loved ones, having passed over are "alive", well and happier than ever they were on Earth. And yes, you can indeed also meet with other "projectors", regardless of their physical location on Earth, and enjoy Astral activities together, or simply as a way of saving your plane fare.

10. Respect for all Life. This is something I discuss at length in Our Ultimate Reality because it really is so important. When out of body the truth of the Universe and all Life is absolutely beyond all doubt. No longer do we view human beings as being "special" in some way. We know that we are not the "chosen ones" selected by "God" to "rule" the Earth at the expense of all other life forms.

We know, beyond any possible doubt that we are an equal aspect of the Universe, of All that Is". Just because life manifests in different forms on Earth, each with unique abilities, does not mean that one life form is any less important than any other - we differ only in abilities and individual purpose. We know, beyond any doubt that there is no such thing as separation. Everything is an aspect of everything else and in turn of the Universe, of "God", and whatever we do to any aspect of the Universe we equally do to ourselves. This is an important aspect of "karma" which is in turn an aspect of the great Universal law of "cause and effect" from which there is no escape. Plain and simple - treat any other life form, Being or any other Energy configuration badly, and there will always be a price to pay. This is not some form of Divine retribution but rather the straightforward workings of immutable Universal Laws which are observable when out of body.

The famous profits of history, the founder of the orthodox religions of the world for example Jesus, Mohammed,

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Joseph Smith and lesser known prophets were all accomplished Astral Projectors, and received their knowledge, for the most part, while out of body. For example, when biblical writings talk about "climbing the mountain" and returning with "commandments" etc., this was not a physical act of donning the contemporary equivalent of hiking boots and climbing gear in order to scale some fictitious heights, "climbing the mountain" is a symbolic term for "ascending levels of consciousness". There are numerous symbolic references in religious texts to Out of Body Experiences.

Abraham Maslow stated, most accurately:

"The very beginning, the intrinsic core, the essence, the Universal nucleus of every known high religion, has been the private, lonely, personal illumination, revelation, or ecstasy of some acutely sensitive prophet or seer".

So these are just 10 of an infinite number of benefits for achieving the ability of Astral Projection and Out of Body Experiences generally. There are numerous other benefits.

By now many of you might be feeling worse than ever at missing out on these benefits. Well to those feeling this way I apologise, that was not my intention. My intention is to provide you with the benefits so that you will be more motivated than ever to discover the truth for yourself. If everyone in the world were to practice leaving the physical body, the Earth would be transformed into what could truly be "the kingdom of Heaven on Earth".

I realise of course that numerous people have attempted Out of Body Experiences and have sooner or later given up in frustration. This is largely due to reading books containing "mystical" procedures for Out of Body

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Experiences, which, although interesting to read about, are beyond the overwhelming number of people.

Astral Projection, the Out of Body Experience, Lucid Dreaming and other such abilities are abilities inherent in all of us when approached in a natural way rather than by mystical methods which seem to have a different agenda for their proponents.

But today I would like to provide you with some hope. Everyone, without exception is already a master of Astral Projection.

When we sleep our Energy Body "projects" out of phase with our physical body in order to absorb Energy, also known as many other things such as "Prana" and "Chi" so we can wake up feeling refreshed and hopefully "bursting with Energy".

However, normally this inner projection is "unconscious" that is to say we are not aware of it. Many of you might have experienced the return to your physical body in the form of suddenly awaking with a "jolt" as if falling from a great height. This is the Energy or Astral body rejoining the physical body.

Sometimes we might awake in state of paralysis or "catalepsy". In these cases the Energy or Astral body has not completely re-joined the physical body, and the centre of awareness is still located in the Astral or Energy body rather than the physical body, resulting in a lack of control over the physical body.

The point here is that, whether realising it or now, Astral Projection is not, or at least should not be some form of mystical mumbo jumbo reserved for the elite few who have

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the time to spend hours each day on some convoluted Out of Body Experience method, it is within the reach of all of us.

My book, *Our Ultimate Reality* provided much more information as well as the best current methods for both Astral Projection and OBE which differ according to the Energy level being projected to.

Please be assured however that at the same time I am working towards the "holy grail" of projecting, my objective being to bring these valuable abilities within the reach of everyone.

Until the next newsletter - enjoy your week, and always keep in Mind that you are creating your own reality. If a thought in your Mind is not consistent with the reality you would wish for then immediately dismiss it and replace it with a thought that is - however large, improbable or grandiose it might seem - everything is possible.

**30 April 2006**  
**Healing**

Healing is a subject that I receive many messages about encompassing a multitude of subjects.

Healing, health and well-being are areas that should be of interest to everyone us, particularly as we are so bombarded with medicines, remedies and vanity products of all types.

Unfortunately "health" has become a multi-billion if not trillion dollar industry, rather than a fundamental aspect of each and every person.

It seems these days that almost everyone in the "health industry" has an ulterior motive based upon financial gain. This sad situation has reached such ludicrous levels that the "drug industry" is now even inventing the existence of ailments in order to produce some impressive sounding "cure" for it.

Even the vanity industry such as hair products are inventing impressive sounding "scientific" names designed to suck in the "consumer".

Medicines, remedies and preparations of all sorts are given fancy sounding names and packaging with the objective of making the consumer buy more.

We are now, unfortunately living in a society where pressure is placed upon people by society to conform to certain stereotypes, and the products are always there to feed that pressure.

Of course, when these pressures all become too much there are further drugs available designed to "sedate" the victim,

## **30 April 2006 – Healing**

often resulting in a dependence upon these drugs just to exist.

This has all come about due to brainwashing by the "medical industry".

When most people think of illness and medical treatment they usually think exclusively in terms of the physical body, doctors, medicines, clinics and other medical facilities. This of course is quite understandable as most illnesses appear to the physical senses to affect the physical body or mental state, and therefore afflictions appear to originate in those particular areas.

While this might well be quite true in the case of some physical injuries such as breaking limbs, cuts and other accidents, what medicine has not yet fully come to terms with is that even the most serious illnesses such as cancer very often do not have a physical, in other words a physiological or psychological origin at all, but are rather due to imbalances and other problems arising within the Etheric Body, also known as the Energy Body which includes the aura and the main Energy centres of the Energy Body, the Chakras.

Due to the holistic nature of the Universe and therefore of the human body, all of which are inseparable aspects of each other, any problems arising at an inner Energy level, for example within the Energy Body, will always be correspondingly reflected at a lower level in accordance with the Universal principle of correspondence.

The axiom "as above, so below" is again very true, but can be more accurately said "as within, so without", with ailments originating within the inner bodies manifesting in turn within the physical body "without" in accordance with

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immutable Universal laws. As infinite, multidimensional Beings we actually have an infinite number of bodies ranging from the very highest aspect of God to the physical body of matter in which most people are focussed. Diseases as a cause can occur in any of the inner bodies causing an imbalance that has to manifest in the physical body as an effect in accordance with immutable Universal laws.

Therefore by identifying the origin of these problems within the inner bodies, most frequently the Energy Body which is closest to the physical body, and treating the cause appropriately, it is very often possible to completely cure even the most serious illnesses where traditional medicine, seeking to treat only the physical or psychological symptoms would inevitably fail.

Cures that have seemed to most people, including the medical profession as miraculous, are frequently achieved by holistic healing. It should be mentioned straightaway however that everyone should see their doctor immediately with any medical problem whatsoever, even if the eventual cure will be brought about by inner means.

There are various methods of treating the Energy Body, many of which you might already be already familiar under the general description of "alternative medicine or healing". This description is however somewhat misleading as it could be much more appropriately described as "primary healing". Well-known examples of energetic or holistic healing can include for example acupuncture, Pranic Healing and Reiki.

There are also healing methods broadly based on the practice of homeopathy where the objective is to bringing the body balance, thereby bringing about a cure of the ailment. Homeopathy is not generally considered to be a

practice having an effect on the Energy Body, although in some cases, with certain treatments the Energy Body might well be influenced favourably.

An example of this is healing by means of various herbs and plant extracts, the application of which can have a direct affect on the balance of Energy Body, thereby bringing a cure. Herbal based healing is a separate and extensive discipline in its own right, and often a very effective one.

Herbs, like all plants and indeed everything in the Universe have a unique vibration of Energy that will affect other Energy, in this case the Energy of the human Energy Body, and can facilitate a cure accordingly. In many cases however the herb or other substance become a point of focus and belief that a cure will result and it is the very focus on this within the Mind of the patient that will cause the expected cure to occur in accordance with The Law of Attraction. This is broadly how the medical "placebo" works.

Although the placebo has no medicine associated with it, the very act of belief and focus on the cure by the patient that they have been cured will then manifest that cure by The Law of Attraction, the patient having consciously or Subconsciously influenced the Energy corresponding with the part of the body that was afflicted in the direction of, and with the result of a cure for the ailment.

Another method of healing involves the use of naturally occurring crystals such as quartz, which again can have a direct effect on the Energy of the Energy Body due to the natural Energy vibrations of these substances. Different crystals exhibit different types and levels of vibration, all of which can influence the Energy Body including the charkas

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in a positive and specific way. It is well-known for example that Quartz exhibits "piezo electric" properties, and is accordingly used in watches, clocks and other precision instruments for maintaining accuracy of time. Again however, healing might be more a function of the Mind of the patient and of their healing focus than due to the action of the actual crystals.

Healing by the use of herbs, crystals and other naturally occurring substances can certainly be extremely effective in the hands of practitioners with the appropriate levels of knowledge and experience. These can be learned and practiced by anyone with dedication. Learning about the healing properties and methods of herbs, crystals and other substances is extremely worthwhile and rewarding. In addition, there are less well-known methods of healing involving the use of the Magnetic Fluid of the Ether by a practitioner known as a "magnetopath".

Many methods of healing require the services of an experienced practitioner, an example of which might well be difficult to locate in your area. Additionally, as with psychic services, it is often very difficult to determine whether a practitioner has genuine experience and abilities in healing or is nothing more than a charlatan whose only objective is to take your money. There are many extremely talented and experienced healers who will willingly provide their services for free in appropriate, or sometimes all cases, as a service to humanity.

Everyone has the ability to heal almost any illness, even the most serious of illnesses, many of which are often considered to be terminal by doctors. Before we commence with the practice of healing we should most certainly take a look at two highly effective and increasingly popular methods of healing the Energy Body by the use of Energy,

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often referred to by practitioners of this type of healing as "Vital Energy" - these methods are known as "Pranic Healing" and "Reiki". It is well worth knowing about and understanding Pranic Healing and Reiki as skills you might wish to learn for your own benefit and those of others should you wish to make healing an important part of your life.

An important aspect of healing is to "be yourself" and not live your life conforming to the expectations of others.

As an immortal Spiritual Being, "made in the image of God" you are already perfect. The Source never, ever creates anything that is less than perfect or without the ability to be, do or have anything at all, including perfect health of Mind, body and spirit, simply for the asking using the immense power of the Mind. We are born with these powers, not to rely on a cocktail of drugs, remedies and vanity products.

Also keep in Mind therefore if you think you will become ill because close to you is ill, then you will become ill by virtue of The law of Attraction.

We are what we think about - as a person thinks, so they are.

Think only in terms of perfect health, and that will be your Reality.

**7 May 2006**

## **Out of Body Experiences**

We have recently discussed Astral Projection, but another valuable ability, often confused with Astral Projection is the "Out of Body Experience", often known as the "OBE".

The main difference between the two is that with an "Astral" projection your point of conscious awareness is focussed at the Energy level of the Astral worlds, sometimes known as "the Afterlife" and many other names.

With Astral projection therefore we experience one of an infinite number of Astral worlds, realms or spheres in accordance with the level of vibration of the projection, which in turn usually corresponds with where you will find yourself after naturally leaving the physical world at the time erroneously known as "death".

Although these worlds can look identical to the physical world, often to such an extent there are only subtle differences between the two, the Astral worlds are in fact a human construction by the thoughts of the people living there, based upon their own concept of what "reality" should be. Of course these people are still very materially focused with physical desires, and their world is a perfect reflection of that.

An Out of Body Experience however is a projection into the lower, denser vibration of the "Ethereic" energy levels that exist just beyond the physical world.

Although these levels are just beyond the physical world they are in fact more correctly considered to be an extension of the Astral worlds, and are therefore highly responsive to thought.

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Because an OBE is an Etheric projection into an environment that looks very similar to the physical world - often your own bedroom, it is often erroneously called "the real time zone". However, what is being perceived is not the physical world but a reflection of it within the denser Energy levels existing at that level. This soon becomes apparent when the projector notices items that should not be there, or are in the wrong places.

A person in the OBE state can often materialise as an apparition before other people, especially in places with a particularly high concentration of ectoplasm. Similarly, with sufficient Etheric Energy and density, both a ghost and a person in the OBE state can also affect objects in the material world by making them move or make sounds - such a person is often known as a "poltergeist".

A person in the OBE state can also meet and communicate with deceased humans, and indeed this often happens. Deceased humans can either be people from the Astral worlds "visiting" the lower Etheric plane, or can be "ghosts", passed over human beings still existing within the lower Etheric planes for some reason.

Many people in the OBE state visit the Moon, a nearby planet such as Mars or even distant star systems - there are absolutely no limitations to travel within the Etheric plane where space and time simply do not exist, everything occurring quite literally at the speed of thought. If you wish to move forward then simply imagine you have already done so. Likewise, should you wish to visit a friend or relative then all it takes to do so is form the desire and intent to do so and to imagine being already in their presence, at which point you should instantly find yourself in the presence of the person.

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Many experienced projectors will visit friends, relatives and others to see what they are doing, and then later verify it by telephone, email or meeting with them in the physical world.

Of course the people you are visiting within the physical world will not usually be aware of your presence in the same way physical people are usually completely unaware of being visited by a deceased person. The people you are visiting will therefore usually fail to respond to any attempts at communication. If however the person you are visiting possesses medium, psychic or clairvoyant abilities they might well be able to perceive your presence and often even to be able to easily communicate with you. A pet such as a dog or cat are very often acutely aware of people in the OBE state just as they are of deceased visitors or ghosts.

Sometimes "tunnel" or "tube" like structures might also appear while in the Etheric plane. These are effectively "portals" to the Astral planes and entering such a tunnel will often result in travelling at a seemingly very high speed before very quickly arriving within the Astral planes. This is a similar process to the "tunnels of light" often reported by people during "near death experiences" or "NDE" as they are often called, and are also the same tunnels often encountered by recently deceased people when transitioning from their previous physical existence to their new home in the Astral worlds. You should be fully aware however there is no dangers at all associated with entering these tunnels of light - you can always return to your physical body at will.

Another popular activity is for groups of projectors to travel together out of body and even participate in meetings at famous landmarks, again comparing and verifying the experience after returning to the physical world.

## **7 May 2006 – Out of Body Experiences**

Like Astral Projection, the Out of Body Experience is one of the most profound events that anyone can experience. The benefits of out of body travel include, but are not limited to:

- \* Verifying the truth about "death" once and for all - thereby eliminating the fear of "death" forever. "Death" is verified as a glorious event marking the end of one phase of life and the beginning of the next. Just one of many such transitions as we evolve back to The Source.
- \* Discovering the truth about religious doctrines, including the truth about "heaven" and the threat of a non-existent "hell".
- \* A greater understanding of what your "life" is all about this time around, and the meaning of the challenges faced.
- \* To observe, at first hand, the incredible power of thought and its effect on Energy, thus verifying the truth of Universal Laws such as The Law of Attraction.
- \* Face and defeat all personal fears.
- \* Experience the magnificence of our multi-dimensional, infinite Universe
- \* Discover the freedom of instantly travelling anywhere you can imagine in the Universe.
- \* Understand the folly of "space exploration" when our true destiny is the journey within which we can explore at will without the need for vast and expensive "space programs".
- \* Verify once and for all your own immortal, Spiritual nature

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- \* Enjoy a greater understanding of the grand Universal plan.
- \* Observe the true perfection and order of the Universe, of "God".
- \* Experience the joy of being an unbounded, unrestricted explorer.
- \* The indescribable feeling of knowing instead of just hoping these are just a few of the vast benefits of the Out of Body Experience.

I can hear now people thinking "but how can we achieve this?".

It is true that many of you will have read all the books out there dedicated to this important subject.

Unfortunately however many of them are written by people detailing practices that are beyond the ability of 99.99% of people, requiring as they often do years of dedicated practice and specific abilities that many people find difficult.

Our Ultimate Reality, Life, the Universe and the Destiny of Mankind details the three methods for both Astral Projection and Out of Body Experiences that are within the ability of most people.

The important thing to keep in Mind is that these are inherent abilities of every single one of us without exception. Every single one of us naturally projects beyond our physical body during sleep.

## **7 May 2006 – Out of Body Experiences**

If you have ever woken with a sudden "jolt" as if falling from a great height - you have just suddenly returned to your body.

Many people have experienced a state of paralysis known as "catalepsy" upon waking.

Others have found themselves viewing their surroundings and even other beings with physical eyes closed.

These are both due to the Etheric body still being slightly out of phase with the physical body.

If you have not been able to enjoy fully conscious out of body experiences yet despite endeavouring to then do not worry. These valuable experiences can and will be within the reach of everyone.

You are not someone stuck in a physical shell until the end of your days - that was never the case.

You are a multi-dimensional being, unbounded, unrestrained and unrestricted, and all you need to do is to experience your own true reality, and you will then know, beyond any doubt, that you are indeed an immortal aspect of the infinite, with glories beyond current comprehension awaiting.

**14 May 2006**

**When everything seems "hopeless"**

Happily many people have, or are receiving the "things" they desire in life. Others know exactly what they want and are in the process of realising them, especially those who now understand and are applying The Law of Attraction in their lives who know that it is only a matter of "time" before their thoughts become reality.

However, I often receive messages from people who are experiencing very difficult times, often to the point of a feeling of paralysing hopelessness and helplessness, and a feeling that there is "nothing to live for".

I am sure also that for every person that writes to me about their situations, there are many others "suffering in silence".

Most people go through difficult times during each physical life - it is all part of the learning by experiencing process, the very reason we chose to incarnate on Earth at this "time" in this particular physical body, so this week I thought I would address what we should do when things are not going the way we would like them to go.

I will not use the word "unfortunate", because this implies "a lack of fortune" and there really is no such thing as "fortune". We all create our own reality, such as it is, and blaming things on such notions as "luck", "fortune", "chance" etc., is to seek to avoid personal responsibility and to place the blame elsewhere.

First of all it is very important to understand that "worry", "fear", "imagining the worst" etc. are all self-fulfilling

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emotions which will, if persisted with, guarantee those fears are realised.

The Law of Attraction is immutable - it works with perfect precision always, regardless of the nature of the emotional Energy involved.

The Universe does not "take pity" on anyone, ever. To do so the Universe, "God" would be taking pity on Him/Herself, and that is simply not the way the Universe works.

We are all here to learn and evolve through experience, and accordingly The Universe experiences, and it is for each of us to create the experience we desire through the power of thought.

Unfortunately "worry" is a powerful emotion, as are "fear" and "dread". It is so important to know, beyond any doubt, that no true harm can ever come to us. We are immortal, eternal, indestructible Beings of pure Energy, aspects of The Source Energy, God, and therefore however "hopeless" a situation might seem, nothing can truly harm us - it simply is not possible.

It is also important to keep in Mind that although we do create our own reality by the thoughts we hold in our Mind, at the same time the natural state of the Universe is one of harmony, expansion and Unconditional Love, and during those times when all seems "hopeless" all anyone needs to do is to come into alignment with the Universe, and individual harmony must be restored with immutable certainty.

So how does this work in practical terms? If you are being bombarded with letters and calls from creditors, looking

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into an empty refrigerator and even emptier bank account how can anyone dismiss these apparently "real" situations from your Mind?

Well the first thing to keep in Mind is that these apparent situations are not "real".

Our reality is our true identity as immortal, Spiritual beings, existing beyond all form, and everything else is simply an elaborate illusion that can be easily changed at any time.

Like watching TV - if you do not like what is on a particular channel, simply press a button on the remote to switch to a different channel that you do want to watch.

We can all "change our channel" at any time in order to experience something different.

In the case of the TV you use the remote to change the channel to watch something different.

From your own experience - change your Mind and you will change your life. In this context your Mind is your "remote" - if you do not like what you are experiencing then simply use your Mind, your remote, to switch to another channel.

If this seems too much like an unlikely analogy then consider this - the entire Universe, like a TV picture, is a projection. In the case of the TV it is a projection originating from the radio signal being converted into a form that can be displayed on a display. In the case of the Universe what we actually perceive is effectively a holographic projection originating from The Source.

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On a macrocosmic scale we all exist as "projections" or "ideas" in the Mind of God. On a microcosmic scale everything we see around us is a projection of our own Minds - so it is all a matter of scale.

So the point is that nothing is as it seems.

If your situation seems "hopeless" it is merely one of an infinite number of possible projections, or "quantum probabilities", and that projection can be easily changed at any time as easily as changing to a different TC channel using your remote.

So how would someone who believes they are experiencing a hopeless situation go about changing this experience - and again it is all about experience, the very reason we are here in the first place.

No experience is "bad experience".

These are the three stages required to change your experience:

1. Meditation: It is very important to remove all negative thoughts from the Mind in order to clear the Mind and purify the thought processes. Until all thoughts pertaining to the current perceived situation can be removed, no progress can be made, because those thoughts will always, with immutable certainty attract more of the same.

Meditating for some time each day, the more often and longer the better will allow for the release of the unwanted thoughts, and allow for "tuning" into much higher, more positive vibrations.

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This will allow for seeing the "wood" from the "trees" in order to get the correct perspective on things, and which will form the basis upon which to move forward.

While not meditating always beware of your thoughts and immediately discard and replace any that are negative in any way.

It is a good idea to have a "mantra" or a "word" to shout, either out loud or in your Mind should a negative thought appear, a word such as "remove" or "reject" or simply "no". Better still would be a positive mantra that has been constructed to state your true objective as if it is a fact in the form of an affirmation.

2. Realisation: The next step, having realised what you do not want is to determine what you do want. Take time each day to decide what your idyllic life would be, and most importantly write it down in great detail in the present tense - i.e. "I have a beautiful cottage in the country. My cottage has white walls, three bedrooms, and a garden full of pretty flowers..." and so on in as much details as possible, really experiencing every word.

3. Manifestation: Having determined your idyllic life all you need to do now is to bring it into your experiential reality where you can enjoy it. To do this use the Law of Attraction which is fully documented in my book Our Ultimate Reality.

The saying "change your Mind and change your life" is absolutely true.

No amount of worry is ever going to change an unwanted situation, and neither is hoping that some deity will help by praying to it or hoping the situation will resolve itself.

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You have the power to experience any life you wish for, so choose wisely.

And of course I am only too happy to help in any way I can, you only need to send me an email.

**21 May 2006**

**Cancelling unwanted thoughts**

I hope you have enjoyed your week, and are continuing to keep all negative and contractive thoughts out of your Mind, and therefore out of your life.

I received a lot of email after last week's newsletter, which is always welcome, including several from people who have already been using the methods discussed to great effect.

Here is one in particular I would like to share with you with the permission of the person who wrote to me with it:

*"Your suggested technique works. I present my version of it, a version I started using over 20 years ago.*

*Remove, reject, or simply no is fine, but I prefer "cancel" personally. Cancel inherently contains the intention by definition. At the point of using "cancel" the thought to be cancelled is repeated. This helps define the connection between the thought to be cancelled and the "cancel" keyword.*

*Since thought is power it is important to redirect the power. An affirmation is a good way of redirected the focus of power.*

*Sometimes the affirmation could cause a resurgence of a negative thought. This is true when first working on ordering thoughts. The way I bypassed becoming trapped in a cyclic spiral is through "opposites". A lot of negative thoughts are based on our perception of past events. Therefore, past events are used to counter the negative, which also helps in reprogramming the thought processes.*

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*Simply put, any negative thought requires a positive thought to refocus the power, or to defuse the negativity. Since most negative thoughts are event driven, we can use positive events. Remember a positive event from the past. If it relates to the negative it is better, but if no positive event comes to Mind that relates then use any positive event. Doing so helps condition and maintain the work. The added benefit is the positive stimulation from the recalled event. It is very hard to be "feeling" negative when we are already feeling positive." -- Timothy*

This is a really excellent example that illustrates the main message of my newsletter last week.

There are two aspects of this that stand out in particular. Using the word "cancel" also works extremely well in addition to the words I suggested last week.

Also, and this is very important, always hold the thought in your Mind that is consistent and in the direction of your wishes. Any other thoughts can be consciously "cancelled" or, better still, transmuted to a positive thought that is consistent with your wishes.

The importance of this simply cannot be overstated. We experience our thoughts. "Thoughts are things", and the "things" that shape your future, so choose them carefully, and only allow thoughts consistent with your wishes.

**21 May 2006**  
**“End of the World” prophecies**

I receive so many messages about this subject that I have decided to address it this week.

I usually avoid writing about such things as "end of the world", "ET's", "conspiracies" etc., because there is so much misinformation about them, not to mention hysteria. The truth, to the extent it exists at all, is usually very different, and often the result of basic facts being re-cycled numerous times until it bares no resemblance to the original - just like that party game "Chinese whispers".

However, the "end of the world" prophecies certainly justify further examination due to the proximity of the year 2012 with which many of these prophecies are associated.

As with all these things we must stick with the facts. If we do not know it to be true then as speculation it has no place in our analysis of the facts.

This means disregarding the numerous unsubstantiated claims going around about for example "the pole shift", "planet X, also known as Nibiru", ET involvement etc.. We must also disregard all of these "new age" type claims about mysterious "higher" beings controlling mans destiny by deciding to push a button when man no longer "deserves" to exist. We have seen enough of this sort of story in the past with for example Noah and the "great flood", and the religious claim that the historical figure known as "Jesus" came to "save" mankind.

The rise of orthodox religion alone is evidence of how events and their interpretations can be progressively

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exaggerated, symbolically misinterpreted and above all used for darker purposes.

So let us examine the facts and only the facts which are these:

Everything in the Universe is Spirit and is therefore life. There is nothing in existence in the Universe that is not Spirit or therefore life including all animal, mineral and vegetable Beings.

Even a rock is life and therefore Spirit. There are no exceptions.

In the beginning all Spirit, and therefore life came forth from The Source, The First Cause, often known simply as "God". All Spirit and therefore life is an expression of The Source, existing in the infinite Mind of The Source, through which The Source "experiences", thereby constantly in a state of expansion.

Expansion is therefore good, contraction is not good, and this is why we must always on a personal level expand our own individual experience by only accepting expansive thoughts.

Now here is the important truth. Everything in the Universe, all Spirit and therefore life is in a constant state of evolution.

As Spirit evolves by the process of perfection, it progressively increases in vibration and as it does so migrates to the Energy level of the Universe that corresponds to that vibration. This process continues until the vibration approaches the vibration of The Source, and the potential of re-union with The Source is reached.

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Of course Spirit is never apart from The Source. All Spirit, including humans is an individuated Energy field within the Supreme Energy field, conscious, intelligent Energy of The Source.

On Earth we currently match the vibration of Earth exactly, thereby enabling us to co-exist with and on Earth. Of course humans and life generally has a wide range of vibrational characteristics - but all within the general vibratory sphere of Earth. The more perfect and therefore highly evolved a human or any other Being is, the higher will be Its vibration relative to Earth, while still existing within the same spectrum of vibration.

By now you might be asking what this has to do with the "end of the world" prophecies. Well now I can tell you.

Just as humans Spiritually evolve, so too does Earth. The only difference being that of "time" as it exists within the physical Universe. The physical life cycle of a human is generally measured in tens of years. For a planet it is billions of years.

The fact is - Earth is now in the process of evolving to the next Energy level, sometimes known as the "4th density", better known as the Astral, and in so doing is following the same evolutionary path as a human, and animal or anything else.

Earth is nearing the end of its "physical" experience and is in the process of evolving or "graduating" to the next phase of Its evolution back to The Source. But it is important to stress that "the end" might be anything from next decade to the next millennium or beyond - it is all relative to earth time.

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As this process occurs, the vibration of Earth will progressively increase. As this happens life on Earth has a lower vibration will no longer be able to withstand the progressively increasing vibrations and will "pass-on" to the next Energy levels by shedding its physical shell.

Eventually, there will be no organic life left on the shell of the Earth, and Earth will become a "lifeless rock" like many other, older planets in our solar system. The "body" of Earth will remain, just as the body of anything that has "passed on" remains for a time, but the "Earth planetary Spirit" will have graduated or evolved.

This of course is not the end of Earth any more than it is the end of a human upon "passing-on". It simply means that, like humans, Earth will continue to live in the higher spheres of vibration, in all its pristine glory as created by The Source, unaffected by the destruction man has wrought upon the Earth. Earth will be freed from its physical shackles just as humans and all life is freed sooner or later.

This process is taking place now, and cannot be stopped. Nothing can prevent evolution being a natural characteristic of everything in the Universe without exception.

The big question then is how long will this process take? How much time do we have left on Earth? Is the year 2012 significant?

The answer is I do not know and no one on the Earth plane really knows. There are numerous circumstantial and anecdotal evidence obtained for example by channelling inner Beings. But channelling can never be relied upon because it is difficult to know precisely who is being channelled and what they really know.

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There is metaphysical evidence in that remote viewers claim not be able to "view" beyond the year 2010.

And then of course there is the famous end of the Mayan calendar in 2012, which in itself is misunderstood by most people.

All 2012 signifies in absolute terms is that the winter solstice, December 21, 2012 is the end of the 13 Baktun cycle Mayan long-count calendar, that was constructed around 2300 years ago. The Mayan 13-baktun cycle is around 5125 years in length.

So what can we conclude from this? We can conclude that this is the end of the Mayan 13-baktun long-count calendar, not necessarily the end of the world. The question is - why did the calendar abruptly end at that date?

The Mayan calendar itself is an extra-ordinary work of supreme accuracy as a calendar from these ancient peoples, in as much that from 3113 BCE to 2012 it has never been incorrect, but it does not necessarily mean that they are privy to the date of the "end of the world".

But what of the empirical, observable evidence?

There is no question that there are numerous events occurring at this time - including but not limited to increased volcanic and seismic activity, extreme weather conditions, and very strange electro-magnetic effects. For example, a time setting that worked for heating something in your microwave for months, suddenly does not work. You place your food in the microwave oven, set it to the same time, and the food comes out still cold. And there are countless other such observations.

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Whole eco-systems are dying off in the oceans and elsewhere.

And so the evidence continues.

However - at the same time we have the highest activity of the Sun for many thousands of years. We have human-produced global warming. We know that the climate goes in cycles of temperature, resulting in mini-ice ages and periods of warmth. There is even evidence that the magnetic poles invert from time to time, possibly due to movements in the iron-rich magma at the Earth's core.

And above all we must not overlook the wanton destruction wrought upon the Earth by man in the name of material greed disguised as "progress". It is not possible to damage Earth so badly, poisoning and destroying the eco-system, raping natural deposits and with such a terrible disregard for life generally, and not expect to reap the result by the immutable Universal Law of Cause and Effect.

But the fact is, on the absolute question, we just do not know when the physical world will come to an end for organic life.

And the most important moral to come out of this is that neither does it matter.

We cannot avert the inevitable. It is impossible. There is no point at all in worrying about an imagined future based on hearsay, conspiracy and "new-age" theories.

We must always therefore live in the Now. We are here on Earth for one reason only for the most part, and that is to learn, experience and evolve. Every moment of every day

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should therefore be spent with positive thoughts and actions that are consistent with our own individual evolution.

We cannot prevent the inevitable, but we can control our own individual destiny and evolution. We therefore must focus on that while helping others to do the same to the extent appropriate and possible.

But here is the vitally important thing: we chose to be here on Earth because Earth is the ideal environment in which to evolve by facing and prevailing physical challenges. On Earth we are on an accelerated learning and evolution path which is excellent.

In the Astral worlds it is much more difficult to make progress because everyone exists on the same "plane" and therefore there is no interaction with other people that can challenge us.

There is no physical environment to overcome.

We do not know when the physical world will end but we do know this: we should make the most of the time we have here because it is a valuable, God-given opportunity to evolve. If we fail to take that opportunity, and if the physical Earth does come to an end soon, it will be much more difficult to evolve from the Astral, and a major opportunity to evolve to greater, and more glorious spheres, beyond the comprehension of man would have been wasted.

The most likely event in 2012 is not the end of the physical world as we know it - but the end of this era of mankind, an era of material greed, avarice and destruction, to give way to a much more Spiritually enlightened or awakened mankind, Who will at last enact out one of the most ancient

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of all prophecies "The Kingdom of Heaven on Earth", an Earth of higher vibration, respect for all life, and Unconditional Love.

But again - we do not know - no one does, and we must prepare for all eventualities while living in the Now.

Live every single day as if it is your last, and use those God-given powers of creation to the maximum possible effect. We are here as joyful creators of our own destiny - make the most of it.

Our Ultimate Reality includes many chapters describing in great detail the process of individual evolution, what it really means, and above all how to make the maximum use of your time on Earth to fulfil your true purpose. In view of the foregoing, this is as important as ever, especially when considering eternal evolution in the grand scheme of things.

So, disregard the prophecies of doom - no one knows and it is moot anyway.

But always remember - your thoughts determine your future and therefore your destiny, so choose them wisely.

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**28 May 2006**  
**The Truth Within**

My last newsletter certainly resulted in a lot of emails, all of which were welcome and I will have responded to by now. If I have not responded please do send it again - my very diligent spam filters might have detained it.

Many people sent me, and I do thank you, links to and information about other prophecies, messages from Spiritual beings, messages from extra-terrestrial beings, and others who have a position on "the end of the world", and there are many such positions out there.

I am aware of many such prophecies, but I must stress emphatically that these prophecies are just that - "prophecies".

No human being really knows for sure what will happen in 2012 or at any other "time" in the "future" of the planet, and if they do they should be politely respected for their views, which should then be taken as just that - a view.

the danger is that is someone does manage to convince enough people that they really do know when the Earth will end, or that they are the "second coming" or some other "privileged" person with Divine connections, it can quickly escalate into the basis for a "cult" with potentially negative results.

We have seen this in the form of mass suicides at the time of comet visitations and under many other circumstances.

We need to be absolutely clear about this - we are all equal. We are all Sons/Daughters of The Source, The First Cause,

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"God", and none of us are more "special" than the next person.

Of course at any time in the evolution of the planet there will always be people who are more "aware" of eternal truths than others, and devote who devote their life to helping others break free from the shackles of materialism, creed and dogma in order that people can discover their own glorious Divine nature, but such people are not "chosen ones" or privileged in any way, but rather fulfilling the greatest of all services to fellow mankind.

Again we must only proceed on what we know from within - the truth will always be clear and recognised for what it really is. Truth is a powerful, vibration of Energy which, when it resonates within, is unmistakable for what it really is. We should always follow that inner guidance in all things.

So what of "the end of the world". I have been sent a lot of evidence this week from well meaning people.

But again - we must stick with the facts. 2012 is the end of the Mayan 13-baktun cycle which is around 5125 years in length. This was calculated with incredible precision by mapping the cosmos and cosmic events.

There will be a convergence on 21 December 2012. There are energies associated with that convergence. Will those energies affect us?

Almost certainly yes. In what way? We do not know - yet.

If humans and all life are "purged" from Earth as Earth evolves

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towards the 4th density, what does that mean for humans and all life?

Humans and all life will definitely continue to live in the non-physical worlds, the Astral or Mental worlds. This is fundamental "Law". There is no "death" we are all immortal, Spiritual beings.

Some people wrote to me pointing out that there are many other planets in the galaxy that can serve as the next school of learning for humans.

That is absolutely true, and it is quite possible that one or more of those planets will be the next "kindergarten" of life and physical life will continue on one of these planets that humans can continue to gain the experience necessary in order to evolve beyond the Maya of the physical realms.

However - and this is the most important point that I wish to convey this week - we simply cannot and must not assume anything at all. It is very easy for people to latch onto things that sound glamorous, romantic, exciting etc., but again this can be very dangerous.

Personal evolution has not place for creeds, dogmas, religions, "belief systems", cults or any other organised method of controlling the emotions, actions and beliefs of large numbers of people.

Of course it is of value to be aware of these in order that we can draw a contrast between them and what we recognise as "reality", but they are only points of reference.

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The fact is we are all Divine. We all have that same "connection" with "God", The Universe, and who will never, ever, ever lets us down.

Every single one of us has the ability to "enquire within" and be provided with the answers to our questions.

We do not even have to ask questions. We are all equipped with an internal "guidance system" that guides, inspires and watches over us at all times. This has been referred to over the centuries as many things such as "Higher-Self", Holy Guardian Angel", the Inner Voice and much more.

Labels are unnecessary. Each one of us is "Mind". Not "has a Mind" but Is Mind and most importantly, the Mind is not the "brain".

Our Mind notionally has 3 aspects - the conscious, Subconscious and the Superconscious Mind. Yes these are all aspects of the same Mind. The conscious Mind is a very small, but for most people very influential part of the Mind that controls waking thoughts and actions. This Mind is the "Ego", the logical, cynical and often gullible Mind that dominates most people, filtering out what it perceives to be right or wrong, as well as acting as the guardian at the gate of the Subconscious Mind.

The Subconscious Mind is incredibly powerful and sublime. It never questions, always accepts our every wish and brings it into the physical experience. This is why it is our task to bypass the conscious Mind and impress our wishes on the Subconscious Mind. The conscious Mind is no match for the Subconscious Mind, and cannot prevent the Subconscious Mind from bringing our every wish by acting on the physical or the Universal.

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In next week's newsletter we will look closely at the Subconscious Mind.

Finally there is the Superconscious Mind which might be better known as "The Universe", "Everything that Is" or "God".

It is by the interaction between the Subconscious and Superconscious Minds that our reality is created in accordance with our wishes.

But yet there is only really one Mind - the infinite Mind of "God", and we are all equal aspects of that infinite Mind.

So what does this have to do with the truth? The truth is within, we only have to look and ask for answers.

And in concluding this is the important point. We must never allow ourselves to be influenced by any "imaginary" event. If we are, then it will manifest into our reality. The Subconscious Mind never analyses our thoughts and wishes and decides whether they are justified or not and neither does the Universe. If you think it, sooner or later you will see it.

The biggest fear of all is "death". "Death" is the biggest lie ever accepted by humanity. Yet some people, indeed most people to some extent allow the spectre of "death" to rule their lives.

This is one of the main reasons I wrote my book "Our Ultimate Reality". By knowing the truth about death, and, most importantly being able to verify that truth for yourself - you become freed from the its shackles and free to live a joyous, healthy, creative life while fulfilling your true purpose on Earth.

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Our Ultimate Reality will tell you everything you need to know to verify your own immortal, Divine nature, and how to progress in huge leaps and bounds, thereby fulfilling your own destiny.

And just as we should never fear death, we should never fear some notional event such as prophesied in the year 2012.

We have no control over 2012, or any of the many prophecies, conspiracies or anything else relating to it, but we do control our own destiny both now and for all eternity. There is no "future" there is only "Now", and providing we live in the "Now", the notional "future" will always take care of itself.

**4 June 2006**  
**The Garden of our Mind**

We have already seen how the conscious use of single words such as "cancel", "reject", "dissolve" etc., can have a profound effect.

Words can have a profound effect when used under any circumstances - for example unconsciously in the course of conversation, or consciously as for example affirmations.

It is therefore most important to be constantly aware of these words and how, when and where they are used.

For example - if you were to use the affirmation "I will soon be out of debt" - the Subconscious Mind only sees and understands the word "debt", and the inevitable result will be even more debt.

This is why many affirmations we see written in various places are simply ineffective, counterproductive or just plain wrong. The Subconscious Mind is not interested in long statements or justifications, but rather only what is desired in absolute terms.

The best way to view the Subconscious Mind is as a small child who needs everything spelling out in very clear, literal and unambiguous terms. If you do so, there will be no errors.

That is not to say the Subconscious Mind is "simple" - quite the opposite. The Subconscious Mind is extremely powerful, and can literally create any reality without effort providing you sow the right seeds in the first place.

## **4 June 2006 – The Garden of our Mind**

So begin now then to sow only thoughts of peace, happiness, right action, good will, and prosperity in the garden of your Mind, and you will reap a glorious harvest.

When your Mind thinks correctly, when you understand the truth, when the thoughts deposited in your Subconscious Mind are constructive, harmonious, and peaceful, the infinite power of your Subconscious will respond and bring about harmonious conditions, ideal surroundings, and the best of everything.

When you begin to control your thought processes, you can apply the powers of your Subconscious to any problem or difficulty. In other words, you will actually be consciously cooperating with the infinite power and omnipotent law, which governs all things.

Look around you wherever you live and you will notice that the vast majority of mankind lives in the world without - the material world, the illusory world, whereas those who understand the true nature of the Universe are only interested in the world within, the true world of reality beyond the temporal illusions of the five physical senses.

Remember, it is the world within, your thoughts, feelings, and imagery that creates your world without. It is, therefore, the only creative power, and everything, which you find in your world of expression, has been created by you in the inner world of your Mind consciously or Subconsciously.

So look around you now at your own world, your garden - whatever you see growing in it - your experience, is a direct result of the seeds you have sown, your thoughts, previously.

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There are no exceptions to this truth. The Universe is immutable, perfect, omniscient, omnipotent and omnipresent.

So what is our task?

1. We must prepare the garden of our Mind by removing everything that is unwanted, that we do not wish to grow or take further root.
2. We must plan the garden that we do wish to enjoy in the future by writing down, drawing or imagining exactly how we wish our garden to appear when the seeds have sprouted and developed.
3. We must then sow those seeds, ensuring there are no unwanted seeds hiding in our true seeds that might sprout and hide without our knowledge.
4. We must then fertilize the soil with positive emotion, love and gratitude, with the full expectation that soon our garden will bloom and look exactly as we imagined.
5. We must then maintain the garden by only allowing that wish we wish to grow in its soil.

By treating our Subconscious Mind as our beautiful garden, It will interact with the physical and the Universe to ensure that we enjoy everything we originally wished for.

Some of the greatest, most successful and admired people in history, from all countries, walks of life and professions understood the power of the Subconscious Mind and applied to great effect.

## **4 June 2006 – The Garden of our Mind**

Once Caruso, the great operatic tenor, was struck with stage fright. He said his throat was paralysed due to spasms caused by intense fear, which constricted the muscles of his throat.

Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage, yet he was shaking with fear and trepidation. He said, "They will laugh at me. I can't sing." Then he shouted in the presence of those behind the stage, "The Little Me wants to strangle the Big Me within." He said to the Little Me, "Get out of here, the Big Me wants to sing through me."

By the "Big Me", he meant the limitless power and wisdom of his Subconscious Mind, and he began to shout, "Get out, get out, the Big Me is going to sing."

His Subconscious Mind responded releasing the vital forces within him. When the call came, he walked out on the stage and sang gloriously and majestically, entralling the audience.

The "little us" is less than 10% of who we really "are", and so we must never allow that "little us" to rule our life.

The "little Mind" is the "Ego" and thinks it knows what is best for us by virtue of the five physical senses it operates through. The fact is most of the time it doesn't.

The "big us" is the 90% plus that can and will interact with the physical or Universal to bring us anything and everything we desire - but only if we communicate those desires and allow them to manifest without constraints.

**11 June 2006**

**The change known as "death"**

There is really no such thing as "this life", the "previous life" and "the life to come". This implies definite "boundaries" between what are perceived as separate "lives".

In fact there is really only one life, and it is life eternal. Just as the Universe, God is eternal, then so too are we, as aspects of "God", the Universe also eternal. And just as "God" experiences through each of us, we in turn experience through infinite vehicles of Energy, which in our present state is our physical body".

In quantum terms, Energy can neither be created or destroyed, and so it is with all life. The Source, God" is one infinite Energy field - "the Mind of God", the "macrocosm". We all exist as Energy fields within this great Energy field and are therefore the "microcosm". The macrocosm and the microcosm are one and the same, and therefore with the same "powers" - it is all a matter of scale.

As we evolve by experience, the Energy, Who we "Are", increases in vibration, and as it does so we naturally transition to the corresponding level of vibration of The Universe until our vibration approaches that of The Source, at which point we have the potential to re-unite with The Source from whence we first came.

So "death" is simply a "change" of Energy. Even the Christian Bible states this, although the religious interpretation is usually wrong:

## **11 June 2006 – The change known as “death”**

"In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed".

--1 Corinthians 15:52

Unfortunately the literal belief in this has, and still does, cause many people to wait by their graves for their "judgement day" when an Archangel will arrive, if they have been "judged" to be "worthy" of going to "heaven", hoping the Archangel will blow a trumpet, signifying they have made the grade to go to heaven.

Of course the angel never arrives and these people will remain "haunting" the cemetery where their lifeless body is buried until they are eventually rescued by people in the inner spheres, the astral worlds, who specialise in "soul retrieval" of such people.

"We shall be changed" literally means that we change from one form of Energy - that of our physical body, to another form of the same Energy - the Energy body which in turn soon "changes" again to its next form, the "Astral" body.

In fact these "bodies" and "forms" already exist, and therefore what "changes" is not the body itself, but rather the experience of it, or awareness.

The actual process of "death", i.e. the "change" of state of the physical body is a very natural and profound experience. Fear of death is irrational, being the result of centuries of superstition, misinformation and religious dogma, especially on the part of the religious factions who threaten their congregations that unless they conform to certain conditions, which they set out, they will be cast down to "damnation" i.e. "hell" to be the guest of "satan" for all eternity.

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This however is simply a heavy-handed method of control, in order to cause people to "fear God" and submit to the will of the church.

In death everyone creates there own reality, so it is extremely important to understand the true nature of death - otherwise the transition will be influenced by belief of what death is. This is why people come temporarily "stuck" close to the physical world, or in a "belief system territory" or other transient condition. This is one reason why Our Ultimate Reality goes to such lengths to describe these processes and how to ensure the best possible transition.

I cannot stress enough the importance of fully understanding the change known as "death", and the riddance of all superstition and misinformation surrounding it. Those who fully understand this natural, profound and glorious process will enjoy a much smoother transition and "afterlife" as compared to those who are still subjected to the profound fears due to irrational superstition.

So what exactly happens at the time of the transition when we are "changed"?

A person who is clairvoyant, a most useful ability, can easily observe the process by observing a person "dying" for example of "age" or illness. Of course this will vary in accordance with the conditions prevailing at the time - but will be something like this:

First the feet of the "dying" person will become cold as the Energy body begins to emerge and the "change" starts to take place.

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At the same time an emanation, often clairvoyantly seen as golden in colour, is seen to start to form just above the person.

As the process continues the entire lower body becomes cold as the golden emanation becomes clearer, beginning to take the recognisable form of the physical body being left behind, floating higher in the room as it does so.

The process continues with the entire physical body of the person becoming progressively cold towards the head, and physical breathing soon ceases completely. The physical brain however is still active at this point and the person is often fully lucid.

Clairvoyantly there will be seen a silver "cord" connecting the head of the now distinctly recognisable Energy body of the person floating above their now almost lifeless physical body.

It has frequently been observed in hospitals for a "dying" person to suddenly sit up and speak to those present - and in the very next moment they are gone.

Very quickly the Energy body will form into the perfect shape of the person, but will appear to be glowing with health, at their "prime" of physical age, with all ailments, disfigurements and other physical disabilities gone. The Energy body glows with a golden radiance.

Finally the electric principle, the silver "thread" or "cord" that still connects the physical brain with the Energy body severs, and the person is free to embark on the next stage of their eternal Spiritual adventure.

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At this point the "deceased" person is often greeted by "deceased" relatives.

That then is a clairvoyant's eye view of the process.

For the dying person the actual transition is a profoundly beautiful experience - notwithstanding the physical conditions prevailing just before "death". But those conditions are of the physical world left behind.

The Energy body is quite dense compared with the Astral body, enabling the deceased person to remain close to Earth for sometimes a few days, sometimes a matter of hours or minutes, to say goodbye to relatives, friends and acquaintances, very often attending their own funeral.

Once the Energy dissipates the transition is made to the Astral world and on to the next phase of "life". The full description of the Astral worlds is contained within Our Ultimate Reality, and is beyond the scope of this newsletter.

Unfortunately some people remain attracted to the Earth vibration by an obsession with material things, material experiences or due to other factors such as guilt, or a feeling of "unfinished business". These are people who do not understand the inner realities, or can comprehend of an existence beyond the material plane of Earth.

Having made the transition, most people will frequently visit those left behind "in Spirit". Often, just after awaking in the morning we have Astral vision - often characterised by "seeing" through closed eyelids, and these visitors can clearly be seen then.

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Animals, particularly cats are very psychic, and will instantly react when their former "owner" comes to visit.

By learning Out of Body Experiences or Astral Projection we can meet these people just as if it were a meeting in the physical world, and thereby converse and receive assurances that everything is fine.

So this then is a brief summary of the process known as "death" which is, in reality a glorious event for the person experiencing it, and those remaining in the physical world should be happy for the person who has embarked on the next, glorious phase of life.

When people "grieve", understandable though it is, it is for their own sense of loss. In truth there is no "loss" because loved ones are temporarily only separated by Energy levels, and will one day be reunited. It is never really "goodbye".

In the meantime we are all here for a reason - to evolve through experience and it is for every single one of us to honour the Universe and our Higher-Self by making the most of this valuable opportunity.

Dwelling on the "past" or "future" or a fear of "death" will result in a lack of progress where it really matters - in the Now.

**18 June 2006**

**Cancelling religious programming**

I receive a lot of email from people that goes something like this:

"But what you say is not in the Bible, which is the word of God, so it cannot possibly be true".

Or:

"The beliefs I have grown up with do not agree with what you say".

Or:

"If you continue, you will suffer the wrath of God and go to purgatory, hellfire and damnation for all eternity".

And so on.

I also receive messages from well meaning people kindly offering to "save me".

I always reply and thank these people for their concern, and ask them what they wish to save me from. Some do not know, knowing only that I "need to be saved", others are more specific and wish to save me from "the wrath of God", going to "hell", "damnation", "purgatory" and similar fiery fates, and so on.

But by far the greater number of messages received go something like this:

I know deep inside that what you say might be true, but it goes

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Against my religious upbringing and I therefore find it difficult to accept, and do not wish to risk upsetting my family, friends and of course God, who might not allow me into "heaven" for my "sins".

This group of people wishes to know and embrace the truth, but their Subconscious Mind has become so programmed with the beliefs currently held that they feel considerable mental pain and discomfort whenever they question those beliefs, or worse, and this is very common, believe they will be "punished" in some way.

In this newsletter it is not my intention to analyse individual religions, cultures or belief systems, but rather the causes and effects of religion and how to address them.

We must first differentiate between two distinct types of religion.

The first type is more of a tradition or culture than a religion, including, but not limited to Hinduism, Buddhism and Taoism. I would define these as systems of "learning" rather than "systems of belief". They set out to teach Universal truths in understandable ways - often my means of stories, plays and song. In fact all of these great and ancient systems fundamentally teach the same truths but in different ways according to the audience, and all fundamentally teach the same reality - the true reality - differing only by extent and method.

The main difference between these and the orthodox religions is that the above seek to teach, while orthodox religious seek to control.

Dogmatic, orthodox religions, for example Christianity, usually have similar origins - a "prophet" or "chosen one"

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who delivers a "book" from "God", purporting to be the "word of God", and to which book people are told they must believe and adhere to for fear of some terrible consequences if they fail to do so.

Another powerful instrument of threat is that unless the doctrines of these "books" and/or "chosen ones" are followed "religiously", the person will not receive a ticket to "heaven" and might even have to spend all eternity stoking fires for "the devil" in "hell".

In these cases the term "God fearing" is true in every respect.

The first question is - where do people acquire their religious beliefs and fears in the first place?

This is actually a very important question, because once a person is honest about the answer, it becomes a powerful catalyst for change and the basis for moving forward.

The fact is, and no one can deny this, none of us are born with religious beliefs. In other words religious beliefs are not a part of our DNA - the building blocks of our physical body and brain.

None of us are born into the world with an "instruction manual" from "God" that must remain with us during our physical life, as for example the manual received when purchasing a new car.

So where do these beliefs originate? How does a person become religious and "God fearing"?

First let me say that some people, a very few in fact, do adopt religious beliefs during the course of a physical

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incarnation due to major life events. "Born again Christians" are just such an example. Other people "convert" from one religion to another for various reasons, often for convenience of marriage. Yet others still, and thankfully a minority, get caught up in religious cults, often with devastating consequences.

The overwhelming majority however gain their religious habits at an early from just one or two people - their parents, and to a lesser extent family and schools.

I should point out that it is not only religion that people acquire from parents, it is almost everything that can shape their physical lifetime, including for example attitudes towards other people and other prejudices, choice of foods and diet, "work career" etc..

Why is this?

We have previously discussed at length the power of the Subconscious Mind. The Subconscious Mind will always, without question, accept everything presented to it - as if it is total reality.

This is why we can make such profound changes simply by bypassing the logical, analytical, Ego driven conscious Mind, and "programming" the Subconscious Mind with our Wishes as if they are true now.

The Subconscious Mind, being over 90% of our total Mind is all powerful, and will always prevail over the conscious Mind once it is reached. This is why methods of programming the Subconscious Mind such as affirmations, hypnosis and subliminal programming are so extremely powerful.

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The Subconscious Mind is most accessible during altered states of expanded consciousness and slower brainwave states - alpha and in particular theta. We achieve these states naturally at night when close to sleep, or in the morning just after waking.

We can also achieve these states through hypnosis and by using brainwave entrainment.

However, a child, until the age of between 5 and 7 years, is constantly in the alpha-theta brainwave state, which means they are extremely impressionable and open to learning. This is a natural provision of the Universe due to the fact that a child needs to establish him or herself in the physical world as soon as possible as a matter of survival and preparation for later life experience.

A child, like the Subconscious Mind will never question what he or she is told by their parents, relations, school teachers and other authority figures - they are simply accept everything on trust as fact.

By the age of 7 years a child is programmed, and is generally running on that program for the rest of their physical life, unless the program can be "updated".

This programming also includes the basics of survival as "nature" intended, but also included are the beliefs, ideas and prejudices of the child's parents and other influential people around them such as older siblings and friends. A child has no way of knowing whether what they have been taught is fact or fiction, right or wrong, good or bad, and would never think to question it anyway.

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So a child very often grows up as a version or sometimes even a "clone" of their parents, and their parents before them, and their parents before them and so on.

This is why whole generations live the same sort of life in almost every respect - to them it is "normal".

This also includes attitudes towards food for example. A child will eat meat simply because it he or she has been programmed that it is right to do so. To most people therefore "meat" is simply chunks of red stuff stacked on refrigerated shelves in attractive looking packaging in the supermarket, to be subsequently turned into "dinner". No thought is given to the origins of that meat, and what suffering preceded its arrival on the supermarket shelves or of the long-term consequences for the person, the creatures and indeed the human race.

Everything in the Universe is subject to the immutable Universal principle of Cause and Effect. In this case the Cause is eating a lot of meat, often in the form of "junk food", and the Effect is poor health, obesity and diseases such as diabetes.

In terms of religions it is this programming that is the most damaging of all due to the fact that religion goes against the very reason we are here - to evolve by experience using our own freewill.

When a child is taught that they must follow a set of religious beliefs and practices for fear of terrible consequences, the child has no reason to doubt it, the Subconscious Mind will accept it, and the child assimilates the religious belief system into their very being.

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The Subconscious Mind will then ensure, to varying degrees depending on how "devout" their parents are, that the child "fears" God, reads the Bible, says their prayers, goes to church, often going to a "Sunday school", and follows strict religious guidelines as set out in a book or "Bible" and enforced by parents.

In some countries this unfortunately extends to attitudes towards the female gender, and various groups of people, often based upon some arbitrary divisions, all of which manifest as "prejudice".

In most countries the personified deity associated with "God" is perceived to be male - usually depicted with a long flowing beard, and as a result the female gender is regarded as inferior and often treated terribly as a result. Male children, from an early age are taught that it is "normal" to treat females in this way due to their programming, and great unhappiness results.

Most sects of the Christian church still seek to enforce this erroneous belief by only allowing church "clergy" to be male.

So how does a person free themselves from a "religion" or system of belief, a "belief system", which in reality is a deep seated superstition?

The way to proceed is to start by asking yourself if it makes sense.

Is the infinite intelligence that created everything in the Universe a vengeful, capricious, Egotistical being, who demands to be worshipped, flattered and obeyed, handing out punishments for those who defy "him" and favours and tickets to heaven for those who conform?

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Or does God, the infinite intelligence, the omnipotent, omniscient, omnipresent Being of which we are all equal aspects, the creator of this incomprehensibly magnificent Universe within which we are evolving, only wish the very best for His/Her children, just as human parents do for their own children?

Do you not love your children unconditionally? If so, and that applies to most everyone, then why would this infinite intelligence not love His/Her children, us unconditionally?

The next step is to agree to discover the truth with an open Mind.

Look at all of the evidence and decide for yourself. Again – Our Ultimate Reality makes that as straightforward as possible by setting out the known facts and what they mean to mankind.

Again though - although these are presented objectively - you must always decide for yourself.

Do the religious "books", "Bibles" make sense? Do they contradict themselves? Do they mean something completely different?

The Christian Bible, to the extent it is original and has not been tampered with, is full of metaphors, symbolism and parables that do in fact support Universal truths. But these have been mistranslated, misinterpreted and misunderstood in material terms, as well as being altered time and again for the purposes of control.

The whole basis of Christianity is the "crucifixion" where "Jesus died for the sins of mankind". What does that mean exactly?

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The icon of Christianity the cross upon which Jesus allegedly died, or was "crucified".

Theologians generally recognise the book of the Bible known as "Acts of the Apostles" to be a very accurate record of events 2000 years ago.

This is what Acts actually states:

"Now I, and those with me, can witness to everything he did throughout the countryside of Judaea and in Jerusalem itself: and also to the fact that they killed him by hanging him on a tree..."

Religion however tends to be very selective, only preaching those things that agrees with its objectives - i.e. control of the masses.

So if you are a Christian, why not read the Bible with an open Mind, and use your own God given intelligence and freewill to interpret the words in your own way - rather than slant the church, parents, relatives and others place upon them?

After that seek out known information, the wisdom of the ages that is always consistent, and again Our Ultimate Reality sets this out in one text, and ask yourself whether it resounds within your very Being as being true.

At night, just before sleep, as your Higher-Self for guidance.

Simply make the mental request to be shown the truth, and your Subconscious Mind will accept the request and communicate with your Higher-Self with Which it is in direct communication. Be prepared to receive the answers

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in dreams, by intuition, synchronicity and any other way, of which there are many.

The important truth to know is that we are immortal, Spiritual Beings, an aspect of the Universe, Thee Divine, The Supreme Being - The First Cause, The Source, God, Who only wishes the very best for us, always, as we fulfil our true destiny - to evolve back to God in perfection through experience.

Break the programming of your early years, retaining only that which you know, beyond all doubt, within your inner Being to be true, while always remaining an open expansive, joyful channel of the Universe, ready to learn by experience, and never, ever by the creed, dogma and indoctrination of others.

**25 June 2006**  
**The Da Vinci Code**

I have received many messages asking me about my views about the movie The Da Vinci Code, and in particular "is it, or could it be true?"

This is not the time or place for a full scale analysis, but I will deal with this most frequent "is it true" question from my own perspective.

Firstly I certainly cannot comment on the accuracy of much of the "story line", simply because I have no supporting evidence, but I can comment on the general principles upon which the movie is based.

The Da Vinci Code, in my opinion, consisted largely of an entertaining story line based, to some extent on known facts.

I believe that scenes showing the origins of Christianity, in particular the Council of Nicaea was quite accurately depicted.

This corpus of people was indeed charged with, among many other things on their agenda, the task of selecting from all the material they had before them, which should be included in the "canon" that was to become the basis for the book of the "new religion". We should also keep in Mind that this event occurred in the year 325 CE - which means "Common Era" replacing the previously used "AD" or "Anno Domini", which translated from Latin means "In the Year of the Lord". The previously used "BC" or "before Christ" has been now replaced with "BCE" or "Before Common Era". So "Common Era", referenced as the birth

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of "Jesus", is the benchmark for counting the passage of the centuries.

Although by the time of the Council of Nicaea Christianity was well under way, supposedly based on the word of the "apostles", and by this time church officials had been appointed, it still lacked a formal structure and common point of reference that could be accepted by the masses.

The majority of people were still at this time still worshiping the pagan God Mithras, who in turn was borrowed from the Persian deity Mithras, and the Vedic deity Mitra.

This in fact is most important in and of itself. It shows that the Romans, who first contrived Christianity, were heavily influenced by local traditions during the rise and fall of the Roman Empire.

According to my own research, numerous aspects of the Bible, and in particular the "crucifixion" were borrowed from similar legends, fables and perhaps actual events that pre-dated Christianity in the region by several hundred years.

In fact it seems very likely that "Jesus" was the 17th "God-man" in succession to have been "crucified" in the name of mankind. It just so happens, it seems, that "Jesus" was in the right place at the right time, in coinciding with the will of the Roman Empire to convert their populace from the Mithraic religion to the Christian religion, not for religious reasons, but for more self-serving reasons - those of control.

The reasoning behind this is a matter of opinion, but in my view the Roman Empire concluded that it would be much

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easier to control their, by now waning Empire, if they adopted a religion that could control by "fear", replacing the ad-hoc worship of pagan Gods.

This being the case, the "new religion" and its book "the word, or orders of God", was a cleverly disguised instrument of control, and little to do with the provision of a true deity and doctrine for people to live by.

This legacy has persisted through the centuries, with the church using the Bible as a means of control, as the "word of God", and in the case of some versions of Christianity enforces these doctrines with threats of "purgatory", "damnation" and "hellfire" for failing to comply.

Going back to the Council of Nicaea, there where many issues dealt with at this historical gathering that were to change the course of the thinking of mankind for centuries to come, but the formalisation of the "official book of God" was one of the most significant. This resulted in the "Creed of Nicaea" which was to later form the basis of the tenets of "canon" of the "holy Bible"

Even today the quality of "Catholicism" is measured against the Creed of Nicaea as a benchmark, such is the important the Catholic Church placed upon this event.

During this process, only those writings that made "Jesus" look divine, i.e. as "the son of God" was accepted, and everything else was rejected. Of course over the course of the centuries these original components have been re-interpreted, re-translated and generally modified to suit the controlling aspirations of the time, until the King James version became the most recent.

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Emperor Constantine himself, who presided over the Council of Nicaea, was apparently never a "Christian" himself. He remained, even 300 years after the "crucifixion event" a worshipper of the pagan God Mithras, after whom many of the legends in the Bible were fashioned.

As for the storyline of the Da Vinci Code - I believe much of it was contrived but entertaining and most importantly thought-provoking - which I believe was the intention. The author is clearly well informed in matters relating to the origins of the Bible and therefore the Christian religion.

It should be noted that these events only apply to the "New Testament". "The Old Testament" which originates from a much earlier era, much earlier, and is much more closely associated with the Jewish faith, giving rise to works such as Torah, Nevi'im and Ketuvim, which chronicle the "creation" according to them, and the "relationship" of God with various people of the time such as "Abraham".

In addition, there were more esoteric derivatives dealing with the more mystical aspects of "creation" known as the "Kabbalah".

Going back to the Da Vinci Code - the story is possible but totally unproven as far as I know. It certainly makes for an interesting mix of religion and legend being based upon the "Holy Grail" and the "codes" Davinci left in various forms, including the famous painting "The Last Supper".

Storyline apart, an important message that arises from the book is that "Jesus" did not lead the life as depicted by the Bible. We must keep in Mind that the Bible mostly only discusses the birth and then the final 3 years of his life around 30 years later. The question is - what was he doing for those intervening 30 years, and had it been known

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today, what impact would it have on the whole basis of the Christian doctrine?

For this alone - the film is well worth watching and is all in all a movie well worth watching, entertaining, but also definite food for thought for many, particularly those taking the Bible literally.

There is however a much more serious factor to emerge from the Da Vinci code and that is ongoing self-protectionism, manipulation and control on the part of the church, in this case the Catholic Church.

In The Davinci Code, The very reason the senior church cardinals and other senior officials, and other sundry fanatics and characters such as the ascetic "albino monk", was to protect their own "empire" of control, now centred on the Vatican rather than Rome as a whole.

The present day Roman Empire knows very well that if the truth was known, their empire, cleverly disguised as a "religion", could no longer exist in its present form, and accordingly the "Roman Empire" would lose all of its control and power over the people.

And so the moral is times never change. Christianity was contrived by the Romans to control the populace, and now the "Roman Catholics" continue that legacy to control the populace - at all costs.

The Roman Empire lives on...

According to The Da Vinci Code that is...

## **25 June 2006 Disasters**

I am frequently asked questions such as "if God is really Unconditional Love", why is it history is littered with so many human catastrophes?

Examples frequently cited are The Holocaust, 9/11 and The Tsunami.

The first thing to keep in Mind is that "God", "The Source", "The First Cause" does not make arbitrary decisions to enact disasters - or anything on a local level.

"God" is the Supreme Creator of the Universe, and Who, in the beginning, created the "framework" of the Grand Design by "thinking" it into being on a Universal scale. This is analogous to the way we all "think" our own life events into being - the difference being only one of scale - the macrocosm and the microcosm.

This framework, which is in a state of eternal expansion, is subject to Universal Laws or principles, which together maintain harmony, balance and expansion, without which the Universe could not exist. This is the infrastructure of the Universe.

One of the most important principles is that of Cause and Effect. For every "effect" there is a "cause" without exception. Nothing in the Universe "happens" spontaneously or by "luck", "chance", "fate" or other such notion.

Without exception - for every Cause there is a preceding "effect".

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At this point I should really qualify the word "preceding".

"Preceding" implies "time", but "time" is in reality simply an illusion created by man based upon the arbitrary movement the Earth relative to the Sun, albeit a convenient principle for the physical world.

Beyond the space-time continuum of Earth and the rest of the physical Universe there is only "Now", the Eternal Now, where everything relative to the "past", "present" and "future" is occurring - i.e. where all "causes" and "effects" are playing out.

When a so called "disaster" occurs on Earth, be it a "natural" disaster such as the Tsunami in Asia, or a "man-made" disaster such as 9/11, humans only observe the physical, temporal manifestation of an infinite chain of events that preceded the "disaster" and continue subsequent to it.

Before anything can be physically experienced in the physical world, it must first manifest within the "inner Universe" as an antecedent cause - there are no exceptions to this at any level.

Everyone and everything in the Universe there will only experience these effects at the Energy level and in the context relative to the event. So the same cause can give rise to an infinite number of effects, all of which can be experienced in different, but always perfect ways.

So why is this important to understand?

It is important to understand because it is in the understanding that valuable lessons are to be learned. We

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are here to "experience", and "effects" as a result of an antecedent cause are the instruments of our learning.

Many people ascribe these effects to such notions as "luck", "chance" and "fortune", which are really only excuses for failing to understand their true origin and meaning.

Nothing ever, ever happens by chance. Every event in our lives, is the result of a cause, and is a valuable learning experience. One of the most valuable practices to adopt therefore is whenever anything "bad" happens in your life, instead of looking for excuses, someone to blame, or feeling self-pity, simply sit down and ask yourself - "what is the meaning of this event in my life"?

This is a very valuable process, and one that can bring great benefits at all levels.

As to the issues of "disasters" - these are simply local, temporal events that are experienced in a time perceived physical reality, and viewed through human eyes and reacted to through human emotions.

In the grand scheme of things, on a Universal scale, these are minuscule events, and simply the effects of an ever expanding Universe. They are best considered instruments of "mass learning" at a local level.

Every single one of these "disasters" was the cause of an infinite chain of effect originating from the Causal Sphere of the Universe.

Fine - you might ask. But what lessons are to be learned in such misery?

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Well "misery" is simply the emotion that humans choose to apply to the lessons manifesting before them. Of course that is completely natural, and it is very important to exercise compassion and service to those affected to the extent possible.

But once "the dust has settled" the further effects of this cause become apparent - affects that can influence millions of people.

During for example the 9/11 event people learned things about themselves that they were not previously aware of.

Great service was performed by the rescue services and many others who discovered inner strengths they did not know they had until that point.

Bravery, tolerance and compassion were experienced on a massive scale.

Service to others, an extremely important principle occurred on a vast scale as countless millions of people around the world reacted from deep within by organising events to help the families of those affected.

But what of the "bereaved"? It is understandable that they feel the emotions for having "lost" a loved one, and compassion for their feelings is equally appropriate.

But as "time" progresses the "bereaved" will come to understand deeper meanings of the event, and will realise they have learned valuable lessons.

What many of them will not understand is that these people are not "lost". They have simply made the transition from

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the physical world, in a physical body, to a more natural non-physical state.

These people are the same as before in all but "state of vibration". They live on and are fully aware what transpired and of the aftermath, and will be supporting their "bereaved" loved ones from the inner spheres of reality by inspiration, very often making their presence felt in many ways, knowing that there is no true separation in the Universe.

Most misery is a result of failing to understand these important realities, seeking to blame others, and very often seeking to blame a "vengeful God", erroneously believing that they are being "punished".

However, at some stage all will become apparent, and the "bigger picture"

The Source, The First Cause, "God", The Universe, "All that Is" only knows Unconditional Love for all Creation, only humans take it personally. However, there will be a time when the true meanings of these temporally experiential events will become crystal clear, and gratitude will be offered for the gift of experiencing them.

It does not matter how apparently "large" or "small" an event seems to be - everything in the Universe has a meaning, and is the effect of a cause that will provide the opportunity to experience and thereby understand that meaning. It is for each of us to identify that meaning and to learn from it, and in so doing progress can be made.

Until next week, I would like to leave you with this verse by Henry Van Dyke that many of you have seen here

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before, but the many thousands of people new to this newsletter have not.

I hold it true that thoughts are things -  
They're endowed with bodies and breath and wings -  
And that we send them forth to fill  
The world with good results, or ill.  
That which we call our secret thought  
Speeds forth to earth's remotest spot,  
Leaving its blessings or its woes  
Like tracks behind it as it goes.  
We build our future thought by thought,  
For good or ill, yet know it not.  
Yet, so the universe was wrought.  
Thought is another name for fate -  
Choose, then, thy destiny and wait,  
For love brings love and hate brings hate.

---Henry Van Dyke

## **2 July 2006 – Telekinesis Part 1**

### **2 July 2006 Telekinesis Part 1**

I have hitherto tended to avoid more overtly metaphysical matters which receive attention generally in the wrong way.

I am sure most people have seen demonstrations of "spoon bending" and other such "phenomena" and wished they could do it themselves.

I receive countless questions about how to gain these "powers" - mostly from our younger readers at the Astral Pulse forums - and of course you are all very welcome.

All I would say is that bending spoons, levitating things and making "Psi balls" should not be something motivated out of a desire to impress others. Use of any such power should always be a learning experience.

That said - there is a very serious side to these abilities which make them very valuable tools of learning as we will see later.

As to whether these abilities are possible - absolutely they are. In fact quite honestly they are really rather trivial compared to what humans can accomplish with the powers of the Mind if only they knew it.

The only restriction anyone has is restrictive thinking - everything begins and ends with thought. So if we believe that levitating a car for example is not possible - then that will be the reality.

For this reason it is important to start with something that is believable to you and having gained the confidence move onto to "bigger" things - you can move mountains later.

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The Bible states:

*"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place - and it shall remove - and nothing shall be impossible unto you". -- Matthew 17:20*

And whatever one believes of the Bible - one knows that this is true.

Now here of course Jesus is speaking metaphorically - but the message should be clear - we are only limited by our own beliefs, and the levels of faith required in order to bring our beliefs into reality. This applies to everything in life.

Another important "ingredient" is gratitude. We must never take anything for granted. We have "God-given" powers to create our own reality, and we should be grateful for that.

Being grateful however does not mean standing for example in a "place of worship" and "giving thanks" by means of meaningless pre-written words, or by following the lead of a church minister - although of course there is no harm in that per se - it means actually feeling grateful in your very Being, with total sincerity.

We do not connect with the Universe by opening our mouths and allowing words to come out - we connect at the level of thoughts and feelings fuelled by emotion.

What has this to do with telekinesis you might be asking by now?

Well it has everything to do with it.

## 2 July 2006 – Telekinesis Part 1

It will not be possible to physically move anything that is perceived as being separate from ourselves.

All appearance of "separation" is an illusion, plain and simple.

There is no separation in the Universe - we are all aspects of the same omnipotent, omniscient and omnipresent, conscious, intelligent Energy - the Mind of "God" the Universe in which we live and move and have our Being.

"God" is not separate from us or from anything else, and they us.

Again, to even quote from the Christian Bible:

*"On that day, you will know that I am in my Father, and you in me, and I in you"* -- John 14:20

So again, regardless of what we might think of the Bible, and regular readers of my newsletter know my position very well, here again we have a Universal truth which everyone should know and understand, that truth being that God, humans and everything are one.

This passage simply affirms that we are all one. Yes "Jesus" was the "son of God", but no more or no less than you or I are - and for that we should be grateful.

So if we are to exercise our "God-given" powers the very first pre-requisite is that fully recognise and assimilate the truth that whatever it is we wish to move is part of us, and not separate from us. Any object shares the same Divine Energy as we do.

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While we think about moving "that pencil" or "that door" or "that candle flame" or "that" anything - it will be not be possible to move it. With faith and belief, these are very important truths to understand before practicing any "metaphysical" ability.

When we move anything we move an aspect of ourselves, always.

The next question is - what "causes" objects to move? Well as always the immediate answer is "thought". But what does thought influence?

### **Energy.**

Some people talk about this sort of Energy and that sort of Energy for example "Psychic Energy" or "Reiki" or "Chi", but in fact these are all metaphors for Universal Energy which can equally be referred to as the "Quanta" of quantum physics, or simply "Spirit".

Energy is Energy, plain and simple - and is influenced by thought.

So in the broadest terms, Telekinesis, also known as "Psychokinesis", may therefore be defines as:

"The process of moving an aspect of ourselves by influencing Energy using the power of the Mind".

Therefore, when we practice Telekinesis we are in reality "moving" an aspect of ourselves just as we would an arm, finger or leg, which of course, to most people, is an entirely natural process.

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Telekinesis is also an entirely natural process - the main difference being that we are moving something that appears to be not physically connected - although of course in reality it is connected, as are all things.

So before we can start moving "objects" it is extremely important to first fully understand, believe and know these important truths.

As long as you perceive yourself as moving something that is separate to you, you will not find it possible to do.

Another aspect, as previously discussed is "belief" and "unlimited thinking".

Belief is that unshakeable knowing that not only "can" it be done, but it "Is" already done. We already know that there is no "past" or "future", there is only "Now", so when we move an object with our Mind there is never a point at which the object "will move" - there is only "it is moving" or "it has moved".

Unlimited thinking is also very important for the reasons previously discussed. It is really no more "difficult" to move a mountain than a grain of sand - the only thing that governs these relative actions is belief.

The Source, The First Cause, God created the heavens and the Earth and everything else in creation. As we are all aspects of God we have exactly the same abilities - and yes we do have the ability, as aspects of God, to create galaxies, star systems and any other heavenly body, and in due course this will become apparent.

If you cannot believe it you will not achieve it - and this is why moving a mountain is beyond most human beings,

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who look at this massive mound of rock, towering thousands of feet high, and believe it cannot be moved. That belief alone will guarantee you cannot move it. And the same principle applies at all levels.

So by now you will have seen that before anything can be achieved by Telekinesis, there are preparations to be made.

Next week, in part 2, we will begin those preparations.

Before concluding I would like to note that once you have achieved the ability of Telekinesis, you have not only realised the ability to move objects, but to also perform many other extremely valuable services.

The basis of all healing is really Telekinesis with a different emphasis. So once you have mastered these abilities you will also have the potential of being a powerful healer, as well as other very worthwhile abilities.

It is in using our God-given powers wisely that they become the most powerful and none more so than when used in service for the benefit of fellow human beings, who are, in reality - aspects of ourselves. So when we use these abilities for the good of "others", we also benefit the Universe as a whole, and this is one way the Universe continues to experience, evolve and expand - a process of which we are all an integral aspect.

## **16 July 2006 Telekinesis Part 2**

Last week, due to the important events surrounding The Direct Voice, I deferred the second in your series on developing the power of Telekinesis, also known as "Psychokinesis" which is the same.

Again, in response to messages received, I would like to assure you that everyone, without exception has the latent, "God-given" ability of telekinesis, which, as with any psychic ability, is simply a matter of belief, focused thought and concentration as the fundamental requirements.

I am not simply referring to moving Psi wheels and similar, but anything at all. If you think bending a spoon is impressive, how about "tying" a knot, or placing loops in a length of 14 gauge steel with the power of the Mind alone?

So how is this possible?

As I mentioned in the first part of this series on Telekinesis, anything at all is possible with the power of the Mind - a person is only restricted by their ability to believe.

Always keep in Mind that we are all aspects of the same Power, The First Cause, God, Who created the entire Universe in all dimensions of Life and Reality. Do you really believe therefore that something as trivial as influencing a physical object is difficult? Of course not.

However, it is very important to know, beyond all doubt, that you and the object you are influencing are one. If you view the object as being separate from yourself in any way whatsoever, then you will not be able to move, bend or otherwise influence it.

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Separateness is an illusion created by the Mind in response to the 5 physical senses, a persistent illusion but an illusion nevertheless, and one that needs to be overcome in order to succeed with telekinesis, or indeed any other Mind Power or Psychic ability.

So this week we will deal with preparing the Mind for telekinesis by means of meditation. This preparation is also excellent practice for a wide range of inner abilities.

### **Stage 1. Preparation**

For this you will need an upright chair with a solid seat, no cushions, and a table or similar facing you in front of the chair.

Before beginning place on the table a number of items, including one or two you wish to move, bend or influence later when moving on to the practice of Telekinesis itself. At least two of the items must be of particular interest to you in some way, and ideally one should represent nature, such as a countryside scene, picture of flowers, a picture of a perfect garden etc.

Commence by sitting in your chair with your spine totally straight and your hands resting on your thighs face up or face down. Your back should not be resting against the back of the chair. It is a good idea to use a backless stool if you have one for this reason.

Now look at one of the objects that you previously placed on the table before you. Gaze upon the object taking into your Mind every single minute detail. If necessary you can pick up the object and look at it from all angles - the more detail you observe, the better.

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Continue to examine and remember the object in the finest details for 5 minutes or so and then replace the object on the table.

Now close your eyes and recall the object in as much detail as possible using your imagination, running your "Minds eye" around the object and seeing it in your "Minds eye" as "solidly" as you can, and in as much detail as you can for around 5 minutes.

At first you might find the object fades in and out of your Mind, or appears to be hazy, incomplete etc. Do not worry about this. Simply open your eyes and repeat this process as many times as you require, viewing the finest detail of the object, closing your eyes and recalling the object in as much detail as possible.

Soon you will be able to imagine, by visualisation, the object as "solidly" in your Mind as it appears before you on the table.

Know also, beyond any doubt, that what you imagine in your Mind is not only as "real" as the object on the table, but is actually more real. Before anything can appear in the physical world it must first exist in the Astral and Mental worlds by mean of the power of thought. This is the very basis of all creation and well worth meditating on.

Everything in the entire Universe, the Mind of "God", exists as a thought in the Mind of "God". Each one of us therefore is an individual thought in the Mind of God.

Once you can fully imagine by visualisation the first object, repeat for all of the objects you have placed before you until you can close your eyes and see each object separately

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in the finest detail, just as you would its physical counterpart.

Until you can accomplish this do not move on to the next phase, no matter how many days or weeks this stage might take.

Once you have completely accomplished this stage, in future you can proceed without the physical objects and table, simply recalling the objects in your Mind at will, so they appear as solid as the physical objects you started with.

If you wish to enhance your powers of imagination even more, visualise your object, this time with your eyes open, appearing in totally solid form suspended in the air. Your eyes will be open, and you will "see" the object, as if it is totally solid", simply floating some distance above the ground.

Next you can "place" the object on a shelf or other surface with your Mind, so that it appears next to other material objects appearing every bit as solid as the material objects.

This stage alone is an extremely valuable exercise, and the basis for many other abilities including manifestation by The Law of Attraction and Healing. It does not matter how many days or weeks it takes, make absolutely sure you gain these abilities first, and you will find them to be of immense value in the future.

Do not be tempted to proceed until you have completed this stage, otherwise you will not succeed and become disillusioned as many have before you. Complete success is the only possible outcome - know this without doubt.

### **Stage 2. Deep physical relaxation**

Close your eyes and empty your Mind of all thoughts. Now you can begin.

Breathe in deeply but slowly to a slow count of five and imagine at the same time, with as much realism as possible that the air you are inhaling is a very bright, radiant, sparkling white. As you progressively inhale, feel the positive relaxing Energy of this white, radiant, sparkling light entering your entire body and spreading throughout your body from head to foot.

Hold the breath for a slow count of five while feeling and enjoying as intensely as possible the radiant, sparkling white light bathe your entire body, and then slowly exhale to a further slow count of five. As you exhale, imagine as realistically as possible that your breath is a dark grey colour, and as you exhale this dark grey breath containing all negativity and tension is now leaving your body as you feel progressively more relaxed.

Now continue to relax for a further slow count of five and once again repeat the process of inhaling pure, radiant, white sparkling light, again feeling its pure relaxing Energy entering and permeating your entire body from head to foot before finally once again exhaling the dark grey light, while at the same time feeling all tension and negativity leaving your body. All inhalations, pauses and exhalations should be carried out to the same slow count of five for each part of this process.

Repeat each breathing cycle at least five times, ideally continuing until you are feeling generally relaxed, refreshed and positive. Please note that while doing these breathing exercises you should inhale by using your entire diaphragm

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and not just your upper chest. You can accomplish this by drawing in each breath by using the entire area from your lower stomach to your upper chest, drawing in each breath in this way.

The next stage in deep physical relaxation, to be carried out immediately and following on from the first stage involves progressive active relaxation, starting at your feet and finishing at the crown of your head.

To proceed with this phase of the exercises, while still retaining your relaxed feelings after the initial breathing exercises, imagine as vividly as possible a large sphere of bright, glowing, radiant white light positioned just beneath your feet. Using as much imagination as you can summon make this sphere of light as bright, glowing and radiant as possible - as bright or even brighter than the sun on a clear summers day.

Next imagine as realistically as you possibly can this sphere of radiant light moving gradually upwards, first encompassing both of your feet. Your feet should now be completely bathed in this bright, glowing, energizing white light - you can feel the glow of the warmth of this bright, radiant, energizing light around the entire area of your feet, toes and ankles. Feel all remaining tension draining quickly away from the area of your feet as they become extremely relaxed and free of all tension. Maintain this visualization as vividly as possible until all remaining tension completely dissipates from the area of your feet.

Next imagine the bright sphere of radiant white light moving slowly up your legs to the area of your calves. Again feel this area completely bathed in this bright, glowing, energizing white light, allowing the sphere of Universal light to remain in this position until both of your

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calves are completely free of all tension and completely relaxed just as with your feet area previously.

Next imagine the white sphere of radiant light moving still further up your legs until reaching your thighs. The sphere of light can very easily expand as much as it needs to do in order to fully encompass any area of your body at will. As with your feet and calves allow both of your thighs to bathe and relax completely in the glowing, radiant, energizing white Energy of the sphere of light. As before, allow the sphere of light to remain in this position until you know beyond any doubt that all tension has fully dissipated, and this area now feels totally relaxed.

Repeat this process as the radiant, bright, white glowing sphere of Energy travels further up your body next reaching your hips and buttocks followed by your stomach and lower back areas, and then your chest and upper back, arms and shoulders. Your arms should remain totally straight by your sides allowing the sphere to encompass the entire trunk of your body and arms as it progressively makes its way up your body encompassing everything as it does so, and leaving each area totally fully relaxed.

The sphere of radiant white light now reaches your neck. Allow the sphere of radiant white light to bathe your neck area for longer, and as long as necessary for you to release all tension. Your neck can collect a considerable amount of tension and time must be provided for all tension to completely dissipate, ensuring your neck, as with your lower areas are completely relaxed and free of all tension.

Finally the glowing, white radiant sphere of light reaches your head. Allow it to remain around your head area while all tension completely dissipates from your face and head muscles, again leaving them totally and completely relaxed

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as with all of the lower parts of your body. After all muscles in your head feel totally relaxed, imagine the radiant, glowing white sphere of light travelling to the top of your head, and then onwards into the infinite Universe.

Now take time to bathe in this extremely pleasant feeling of deep, full body relaxation. Feel just how blissful it is to have removed all of that stored tension and stress from your entire body.

By now you should be deeply relaxed and your Mind free of all thoughts.

### **Stage 3. Meditation**

Having achieved this stage we now reach the meditation stage which is fundamental to success with Telekinesis.

By this stage you should be able to commence your meditation session from the outset.

Sit in your chair, close your eyes, and become deeply relaxed as in stage 2.

Now empty your Mind of all thoughts if you have not already done so. No thought should intrude in your conscious awareness, only total silence should prevail.

Once you have accomplished this, bring into your Mind, with total reality, one of the objects you visualised in previous sessions.

The next stage is extremely important.

Using your imagination, imagine merging and becoming one with the object you are visualising. Imagine that the

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object is an integral aspect of you in every way, and that you can influence the object every bit as easily as you can influence your arm, or leg, or finger, or any other aspect of your physical body.

Imagine merging with the object to such an extent that you actually are the object, and know, beyond any possible doubt, that you and the object are one and the same.

Know beyond any doubt that "separateness" is an illusion created by the 5 physical senses, and that in reality there is only Energy, the same conscious, intelligent, vibrating Energy that encompasses everything in the entire Universe without exception.

Spend some time meditating on this truth, knowing, beyond any doubt, that you are an aspect of everything, and everything is an aspect of you, and that you can therefore effortlessly influence anything at will, just as you can influence any part of your body at will.

Imagine now the object short distance from your hand, but connected by vibrant rays of white light so the connection is seamless.

Now notice that as you lift your arm the object lifts at the same time.

Now open your hand and pull the object towards you, observing how the rays of light become shorter as the object, which is an aspect and extension of you moves effortlessly into your open hand and then close your fingers to grasp the object.

Now open your hand again and, in your Mind, watch the object move away from you, still connected by the rays of

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white light which are an aspect of you. Will the object to move further away or to any position of your choosing, just as effortlessly as moving your arm or leg - all being integral aspects of you.

Continue this meditation, with other objects, moving and influencing them with your Mind, easily, effortlessly and at will, knowing, beyond any doubt, that you and the object are one.

Finally, to conclude the meditation and this stage of learning Telekinesis, take a few deep breaths, and gradually bring your awareness back to your surroundings, taking time to integrate your experience into your Being. Open your eyes adjust to the vibration of your physical surroundings and conclude your meditation session.

Take time to reflect on how easy and natural it is to influence everything because it is an integral aspect of you, every bit as much as your arms, legs, head etc.

Telekinesis aside, these exercises are extremely valuable and well worth learning.

**23 July 2006  
Telekinesis Part 3**

Last week we discussed the extremely important prerequisites for the practice of Telekinesis - that of being one with everything.

Again - without knowing - beyond any possible doubt whatsoever that everyone and everything is one, an inseparable aspect of The Universe, The Source, of God, then it will not be possible to do Telekinesis plain and simple.

We must always, always, always keep in Mind that "separateness is an illusion, a trick, albeit a powerful trick, of the five senses, the same tricks that cause people to believe they are separate from everyone else, identified by a name, gender or race.

As infinite, multi-dimensional Divine Beings, made "in the Spiritual image of God", everyone and everything is one.

The importance of this truth cannot be over-emphasised. It is the illusion of separation that is the direct result of the majority of everything that is negative in the world today, with most people devoting their lives to the collection of material objects at the expense of others - thereby breaking one of the very first fundamentals of Spiritual progression:

Service to others before service to self.

That said - let us now proceed with Telekinesis.

There is no limit to the power of the Mind. The entire Universe is the infinite Mind of God, and as Sons and

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Daughters of God we are blessed with the same infinite powers of the Mind.

Our only restrictions therefore are those we place upon ourselves by lack of faith, belief and knowing.

By means of the power of the Mind we can move, bend or influence anything at all. The Bible recognises this:

*"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place - and it shall remove - and nothing shall be impossible unto you". -- Matthew 17:20*

What Jesus is saying here quite simply is that we are only limited by our beliefs. Placing all religion aside, it is worth meditating on these words, and understanding the implications.

As discussed in the last newsletter, meditation therefore is very important for the practice of any of these abilities. Meditation on an ongoing basis and immediately prior to practicing Telekinesis.

Although we have the power to influence absolutely anything, the Subconscious Mind will not usually accept this fact verbatim. It is therefore better to start with an item that you can believe you can move, and once success is experienced you can move on to bigger things.

If you start with something that seems impossible to you then at a Subconscious level it will be impossible and you will not succeed.

Once you have proven the power of your Mind by moving smaller objects, then your belief will increase to encompass

## **23 July 2006 – Telekinesis Part 3**

larger objects, and then you can progress to bending iron bars, levitating heavy objects, shutting doors etc. with the power of the Mind alone.

So that said here is how to proceed:

You need to locate yourself in a room where you will not be disturbed, and where the temperature is ideal for your own comfort.

If you feel too hot or cold or otherwise uncomfortable in any way whatsoever, your focus will be on your discomfort instead of influencing objects.

Before you place a small table upon which you have the object you will be influencing.

You will also need a chair to be seated upon facing the table. The chair should be as described in the part 2 of this course, a firm dining type chair being ideal. A stool is even better because you will not be leaning back to be supported by any backrest.

Having arranged your "space" accordingly you will need an object to move.

One of the most commonly employed devices is known as a "Psi Wheel". I will describe a Psi Wheel in just a moment. Whatever object you intend to use for these exercises needs to be placed on the table just in front of you as you face it while seated upon the chair.

An excellent and very convenient object to move is the needle of a compass of the sort used for navigation - hiking, boating etc. Such a compass can be purchased from any

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decent sports or outdoor pursuits shop for a modest price equivalent to \$10 or so.

Such a compass is absolutely ideal because the needle of the compass is totally sealed within its own space - away from any external influences. Of course the needle is influenced by anything that has magnetic properties - such as objects containing iron, but your table should be free of such influences being typically constructed from wood or plastic. Even if the table does contain metal it is fixed in one place and does not vary. Usually though once the compass is placed upon the table, the needle will simply point along the axis of magnetic north/south as intended.

If you choose to use such a compass, your objective is to cause the needle of the compass to rotate and to continue to rotate while you continue to will it to do so. As the needle is totally sealed within the plastic enclosure, usually locked on north/south, you will know that the needle is moving due to Telekinesis.

Again - such a compass is an excellent investment for practicing Telekinesis, and one that can be taken and used anywhere where there is a suitable room and chair available.

If you are not able to obtain such a compass for any reason, you can easily construct a Psi Wheel as is used by many people to initially learn Telekinesis.

A Psi Wheel is something that can easily and inexpensively be made as follows:

For this you will need a drawing pin, sometimes known as a "thumb tack", and a piece of white cardboard. Place the drawing pin flat end downwards on a table. Next, cut out a

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square from the sheet of white cardboard of approximately one quarter of an inch by one quarter of an inch. Now very carefully place the square of white cardboard on the point of the drawing pin, also known as a thumb tack, so it balances completely. This then is your basic Psi wheel, and you are now ready to commence with this exercise in concentration and telekinesis.

There are several variations of the Psi Wheel made from cardboard or paper and a sharp point to balance it upon. The precise construction does not matter providing you have a wheel type structure made from cardboard or paper, balanced on a sharp object such that it can freely move around.

Yet another variation of the Psi Wheel can be constructed from two match sticks, ensuring the flammable head has been removed, a longer rod or piece of wood, a length of cotton, and a wide necked bottle. You will also need some strong glue.

Place the matches so they form a cross at right angles to each other. Now place a spot of glue where they touch and allow the glue to dry so the matches are stuck together as an equilateral cross.

Now tie the cotton to the cross where the matches intersect and also to the longer rod so the cross is suspended by holding the rod. Now place the cross carefully inside the wide bottle with the rod resting on top of the bottle so the cross is suspended inside the bottle, around half way down inside the bottle.

This is also an excellent variation on the Psi Wheel.

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As mentioned previously - concentration is extremely important for Telekinesis, and this is why in my book, Our Ultimate Reality, I provide specific concentration exercises that are most valuable for any ability that involves powers of the Mind.

Now we are ready to commence.

This assumes that you have already completed and become proficient with the meditation exercises of part 2. Do not be tempted to cut corners otherwise you will not succeed and your confidence and belief will be shattered, making it more difficult in future.

The Mind is like a muscle - it needs to be exercised to gain strength.

Ensuring that you will not be disturbed by any person, noise or other distraction, sit on your seat facing the object you will be moving which will be placed upon the table in front of you, ideally just out of arms reach.

Now close your eyes and do the meditation and visualisation exercises as described in part 2 of this series. The object you should use in your meditation is the object you will be moving. So visualize the point of your compass or your Psi Wheel spinning around at an ever increasing speed, knowing, beyond any doubt that you are part of the object and that, like an arm, leg, finger or whatever, it effortlessly responds to your will.

Now the part you have been waiting for.....

Slowly open your eyes and focus on the object you are going to move - the needle of the compass, your Psi wheel and matchstick cross suspended inside the bottle. I will

### **23 July 2006 – Telekinesis Part 3**

refer to your variation of the Psi Wheel as "the object" from now on.

Focus on the object, and know, beyond all doubt that the object is part of you and will respond to your will. There should not be the slightest doubt in your Mind about this. Continue until there is no doubt.

Next place your open hands, palms facing inwards, either side of the object a short distance from it. A distance of around 10 centimetres is about right although this is not critical.

Now take a few minutes to relax, your hands still straight, either side of the object, palms flat and facing the object.

Now take a few moments to relax as deeply as possible, the deeper the better, while contemplating the fact that you and the object are one, knowing this beyond any doubt, and knowing that the object is therefore an extension of yourself, and as such will respond to your will.

It is extremely important to take as much time as you require to achieve this state. Any doubts or feelings of separateness will cause you to not succeed.

Once you have achieved this it is time to move the object.

Using your powers of imagination, visualize rays of bright, white light emitting from your hands. These rays are an extension of you just as much as you fingers, and will respond just as readily.

Visualize the rays of one hand pushing one end of the object around while the rays of the other hand pull the other

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end of the object around in the opposite direction so the object is spinning around.

It is extremely important to know that this is already happening and that the object is already moving - a fact that you should know beyond any doubt whatsoever in your Mind.

Again, you must know that the object is spinning around - never that it will spin.

Now focus, with all your concentration on the spinning object. You can move your hands to "push" and "pull" the rays of light and therefore the object, providing the palms of your hands remain at a distance. The important thing to know is that both the rays of light and the object are all extensions of your hands, and are responding to your will by spinning around in response to your will.

At first the object might only move slowly, but with practice it will spin faster and faster until you reach a stage where it spins so fast you cannot see it.

When you achieve this level of ability you will be able to stop the object spinning at will and then cause it to spin in the opposite direction by reversing which hand emits the "pushing rays" and which emit the "pulling rays".

After you have achieved this and your confidence and most importantly belief is increasing, you can place larger objects such as pens, pencils, or indeed any other object upon the table and cause it to move at will. As your confidence and belief increase, so too will the size of the objects as you know there are no limits to what you can move with the power of the Mind alone.

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Bending spoons, forks or indeed any other metal object, however thick becomes just as easy.

Simply hold the metal object and gently move your fingers up and down the object in your hand while imagining the molecules of your hand and the object merging as one - which of course is true.

Feel the warmth of the Energy flowing between your fingers and the object knowing you are one.

When you are ready, using the power of your Mind alone, bend the object with an act of will - knowing, beyond doubt that it has already bent.

As your confidence and belief increases, you will be able to move anything simply by Mind alone, without positioning or moving your hand, which is simply a tool to assist in belief and focusing Energy.

Having reached this level of ability you also have the capability to become a powerful healer by focusing Energy which is the basis of all healing - but that is for another newsletter.

**30 July 2006**  
**Vegan Diet and Plant life**

I receive many messages asking about myself and my own lifestyle and in particular on subjects such as diet and this week seems to be a good opportunity to deal with a couple of these.

In terms of diet I am a strict Vegan. By "strict" I mean that I only eat "harvestable" foods such as pulses - i.e. peas, beans, grains etc., fruits and fungi such as mushrooms which are also a fruit.

I never kill a plant that grows in the ground such as a lettuce for example, which is exactly the same as killing any other form of life as we will see later in this newsletter.

Many people I have mentioned to in the past find it difficult to grasp why I would make these choices as opposed to consuming what they consider to be a "normal" diet.

Well first let us take a closer look at this definition of "normal".

"Normal", to most people, is what they have been brought up to believe by their parents from birth.

As I have mentioned in previous newsletters - children enter this world as totally free Spirits ready to interact with the physical world in order to further evolve. For the first 5 to 7 years children are extremely impressionable, with brainwave frequencies being in the alpha state for much of the time, and therefore the Mind of a child will absorb everything he or she is told without question as if it is a fact, and retain that data deep in the Subconscious Mind.

## **30 July 2006 – Vegan Diet and Plant Life**

A child will for example be told by parents what religion to conform to, what the parents believe is "right" or "wrong", and what food to eat and virtually every other aspect of "life", which is almost always based upon the parents view of "life", which in turn is based on the view of their parents before them and so on.

This is why generations of families tend to follow the same religions, "trades", social habits and everything else. Thus programmed, most children are running on that program for the rest of their physical life, and beyond and never think to question it.

I could say a lot more about this matter, but there is a chapter in my book, *Our Ultimate Reality* entitled "The Human Paradox" which addresses these issues in full, such is its importance.

So most children eat meat because they have been raised believing it is the right thing to do, viewing meat as nothing more "red stuff" packaged and offered on the shelves of the supermarket, existing only to satisfy the sense of taste, giving little or no thought to the origin of the food and the suffering associated with it.

This should be obvious to anyone taking time to think deeply and honestly about meat and its origins, so today I will focus on plant life and why I personally choose not to kill or injure plant life.

As with many things, people generally tend to have a very superficial view of things, believing only the feedback of the five physical senses and in particular what they have been taught in school.

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One such misconception is that plant life is incapable of "thinking", "feelings", "emotions" etc.

Nothing in fact could be further from the truth. "Life" is not the atoms and molecules comprising the organic structure, but rather life is Spirit. Everything in the Universe without exception is Spirit, and is therefore intelligent, being equal aspects of the Great Spirit, The Source, God.

Where science in particular completely fails in its comprehension of these truths is in associating "intelligence" or the power to "think" with the presence of a physical "brain".

In fact this perception is totally erroneous. The physical brain is merely a structure required by some types of life to act as the "interface" between the physical, organic body and the non-physical Etheric or Energy body, acting as a sort of "step-down" transformer of higher levels of Energy vibration to the much lower vibration of the physical body.

Plant life does not require such a device, being much more in tune with a much wider range of levels of vibration.

This for example is why plants are proven to respond positively to music. It has long been demonstrated that by playing music in a greenhouse or even singing to plants causes them to grow healthily.

It is also a widely known fact that many plants, in particular herbs have healing properties and can also be used for defence when deployed around an area. Again - this is due to their wide range of vibrational properties among other things.

## **30 July 2006 – Vegan Diet and Plant Life**

Many will say of course that these factors alone do not, in and of themselves prove any form of independent thinking abilities or indeed "intelligence".

This might be true - however it has been proven time and again that plants life is intelligent, and does in fact "think".

A series of experiments carried out in 1966 demonstrated conclusively that plants are capable of intelligent thought processes when a researcher, Cleve Backster, an expert with lie detector equipment, connected a lie detector to a *Dracaena* plant, also known as a "Dragon tree". He wanted to see how long it would take for the leaves to react when he poured water on the plant's roots.

In theory, a plant will increase its conductivity and decrease its resistance after it absorbs water, and the curve recorded on graph paper should have gone upward. But in actuality, the line that was drawn curved downward. When a lie detector is connected to a human body, the pen records different curves according to the changes in the person's mood. The reaction of the dragon tree was just like the undulation of human mood swings. It seemed that it was happy when it drank water.

Cleve Backster also wanted to see if the plant would have any other reactions. According to past experience, Backster knew that a good way to elicit a strong reaction from a person is to threaten that person. He then thought of burning the leaves that were connected to the lie detector. With this thought held in his Mind, and even before he went to fetch a match, a strong positive curve rapidly appeared on the graph paper of the lie detector equipment.

When he arrived back with a match, he saw that yet another peak had appeared on the curve. The plant had perceived

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that there was a good chance that it could be burned, and through the lie detector exhibited the emotion of fright. If he showed less inclination to burn the plant, the reactions of the plant as recorded by the lie detector were not so strong. If he merely pretended to take action to burn the leaves, the plant had almost no reactions whatsoever.

The plant was therefore full capable of distinguishing true intentions from false ones.

In a further experiment Cleve Backster decided to test how well a plant can recognize things as well as people. To do this he selected six students, blindfolded them and asked them to draw lots. One of the choices was to uproot one of the two plants that were present for the experiment and to destroy it by treading on it. This person was to carry out this alone, and none of the other students knew who had actually drawn this task. By proceeding in this manner only the remaining plant would know the identity of the murderer of the other plant. The murder of the plant was thus perpetrated.

The remaining plant was then connected to a lie detector and each of the students was asked to walk by the remaining plant that had witnessed the murder of the other plant. The plant showed no reactions to the five students who had not been involved with the destruction of the other plant, but when the student who had murdered the other plant walked by, the remaining plant that was connected to the lie detector showed an extreme reaction on the lie detector recording paper.

The plant was able to identify the exact person responsible for the destruction of its friend and show emotions of fear that it might also be subjected to the same fate.

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This demonstrates extremely well that plant life, like all life and indeed everything in the Universe are an inseparable aspect of the same infinite Mind, Consciousness and intelligence of The Source, The First Cause, of God.

Human beings, still totally steeped in the material world and personal Ego assume that just because a plant does not appear to have a physical "brain", or a mouth or any other apparent animal characteristics that they are "unintelligent" or simply "inanimate". Nothing in fact can be further from the truth.

The human brain is not the real Mind any more than physical parts of a plant or a mineral are real Mind even though they share the same Energy and are observable at the level at which they can be perceived.

All Mind is focused within its own Energy plane, in the case of plants the plane of the plant Mind, but at the same time because everything in the Universe is an inseparable aspect of everything else in the Universe at a quantum level, then all aspects of the infinite Mind of God are capable of instant communication through the individual Mind and the Universal Mind. This is why everything in the Universe, plant, animal or mineral has intelligence, and can communicate through the medium of the same infinite Universe of Energy, Consciousness and Mind of which we are all an integral aspect within the Mind of God.

On a quantum level this is proven by virtue of the fact that any pair of Quanta in the entire Universe in all of its Energy levels of vibration can instantly communicate with each other.

So what can we conclude from this?

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The first thing we can conclude is that humans generally tend to base everything on two main factors - programming by parents and others of the early years of life to the age of around 7 years, and also the feedback of the five physical senses - feedback which is not only extremely limited, but is also ironically an illusion.

Plain and simple plants are intelligent, have emotions and can think.

This then is one reason why I personally choose to respect the right of all plant life to live, grow and evolve in the physical Universe, just as I respect the right of all manifestations of The Source, The First Cause, God, to live, grow and evolve in the physical Universe.

A paleoanthropological study of the physical origins of mankind five million or more years ago shows that mankind did not originally eat meat.

This is reflected by the fact that the human body is not even designed to eat meat as also evidenced by the wide range of diseases experienced by humans today through meat and food abuse generally such as obesity, diabetes, colon cancer and numerous other serious ailments which sadly are becoming increasingly prevalent in children of increasingly younger ages.

The more fatty food a child is given at a young age, the more fat cells they produce in their body. These are the cells that later respond to fatty foods causing the person to become "fat". Once those fat cells are laid down the person will be fighting against fatness and weight issues all their lives, with only the strictest diet and will power being able to control it.

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Had the child been fed a vegetable oriented, low fat diet as a child, the potential to struggle against weight gain and associated diseases later in life would be vastly reduced.

This trend will continue until mankind understands the true nature of these things instead of self-destructing on junk food.

Many will claim that meat is required for a "balanced diet", muscle and other body oriented factors, but the fact is nature provides us with everything we need in the form of harvestable foods including protein.

Indeed many Olympic champions have been Vegan, and it has been shown that Vegans live on average 7 years longer than meat eaters.

So in conclusion - the overwhelming evidence proves that from every perspective meat is not required in the human diet, and in fact is the direct cause of many human health issues today.

It has not been my intention to endeavour to convert meat eaters to a Vegetarian diet, although of course I would very much welcome it if this was the result.

It has rather been my intention to prove the "higher" factors for respecting all life, and only eating the right foods for the right reasons.

**6 August 2006**  
**The Astral senses**

This week we will start to take a look at our "inner-senses", that is to say those senses that do not rely on our physical eyes, ears, nose, taste or touch.

Our inner senses are based in our Astral body - otherwise known as the Soul. The Astral senses correspond very closely to the equivalent physical senses, but are vastly more acute and far ranging due to the fact they are not restricted by the density and low vibration of physical matter.

In most people the Astral senses are, during normal waking consciousness completely overwhelmed by the physical senses during the sensory overload known as "physical existence". Everywhere we go the physical senses are bombarded whenever we walk into a store, watch the TV, walk down the high street and so on. This assault on the physical senses almost guarantees that the inner Astral senses have little chance to exert any meaningful influence.

Therefore, over the course of thousands of years, humans have progressively lost the use of many inner abilities that make use of the inner senses as well as other natural inner abilities such as telepathy.

However, it is possible to experience the Astral senses under the right conditions, as well as to consciously develop them with the right exercises.

This week we will take a look at some of the situations where we experience our Astral senses due to natural conditions.

## 6 August 2006 – The Astral Senses

There are a very wide variety of beings inhabiting the Astral worlds at all levels in addition to humans and other advanced forms of Universal life. These beings exhibit a very wide variety of characteristics and purpose in accordance with their position in the grand scheme of the Universe, often existing as members of a single element of Fire, Air, Water and Earth.

There are particular classes of these inner beings of the single elements that are actually extremely well-known to everyone, and in particular to children who enjoy hearing stories about them - stories often known as "fairy-tales". The beings featuring in these "fairy tales" are actually very real indeed, but live in the Astral worlds rather than in the physical world as most people suppose.

There is a very large array of these "fairytale creatures" of the Astral worlds, some of the most well-known ones being:

**Salamanders:** beings of the pure element of Fire.

**Sylphs:** beings of the pure element of Air.

**Undines:** also known as Mermaids, beings of the pure element of Water.

**Gnomes:** beings of the pure element of Earth.

In addition, other beings instantly recognisable to most people include fairies, often also known as faeries or fay folk, satyrs, wood nymphs, water sprites and numerous other such delightful beings. All of these creatures have their own place in the grand Universal scheme of things, often being involved with aspects of nature in the physical world.

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Fairy stories originally came about because throughout the ages people with no natural psychic ability to perceive the inner realms of life have experienced a spontaneous "vision", where the psychic senses which are latent in most people have suddenly and temporarily become activated.

This can happen much more easily and more often than most people might believe. If a person is "mesmerised" by a scene, it might for example be a scene in a forest clearing, a beautiful meadow, a view by the sea, a mountain vista or a sparkling lake, it becomes possible to see these wonderful Astral creatures. This happens when the physical senses including vision become "paralysed" by the scene while focusing intently on the scene, causing an altered state of Consciousness often known as a "trance" condition, characterised by a slowing down of brainwave frequencies. When this situation occurs a person can then "see" beyond the "veil" separating the material world from the Astral worlds and into the realms inhabited by these "fairytale creatures".

Another, condition that allows the viewing of these beings is called the "Ganzfeld" effect. A "Ganzfeld" effect occurs due to either natural or deliberate sensory deprivation, during which, due to "paralysis" of the corresponding physical senses, the Astral senses are able to take over for a time.

For example, a person standing on the deck of a cruise liner might be staring intently out to sea at the seemingly endless expanse of shimmering water, and then all of a sudden see a mermaid.

This person might well later doubt what they saw, and would most probably be afraid to tell other people about the experience, but there is no doubting at all what they

## 6 August 2006 – The Astral Senses

actually saw, albeit only transiently, was a very real mermaid going about its usual activities in the Astral worlds but close to water in the physical world with which they are associated through the element of Water.

What has occurred here in fact is that the act of staring out over an endless expanse of featureless open water has caused "paralysis" of the physical sight allowing the Astral site to take over, thus allowing the viewing of beings and scenes of the inner worlds.

Undines, or mermaids, are beings of the Universal element of Water and therefore tend to be "seen" in the regions of the earthly counterpart in accordance with the Universal Law of Correspondence. The same might happen in a woodland setting, where fairies or faeries or fay folk as they are known from more ancient sources can be seen flitting around a winding stream. In a forest wood nymphs might be seen, or even a unicorn standing in a clearing. Around hillsides and other such "earthy" areas gnomes might be seen going about their busy lives.

Although all of this might seem like something from one of the great fairy story books with which we are all familiar as children, these stories have a very real origin indeed, the results of people from cultures all over the world over the millennia actually seeing these beings for themselves, writing about them, eventually becoming the fairy tales so fondly told today to the great delight of children everywhere.

These creatures abound in folklore all over the world, and what is known to some people as a "fairy", "mermaid" or a "gnome" in one part of the world is known by a completely different name elsewhere.

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As with all Astral beings these are "Ethereic" creatures which, like everything else in the Astral worlds, have no material or solid form and are therefore "seen" in accordance with the psychic perceptions of the observer. These beings can take on any size and shape they desire at any time. Over the ages people have formed very detailed perceptions as to what these fairy tale beings look like, probably based on the first written accounts and the many sightings related by word of mouth. Undines, or mermaids, will therefore be seen as human type beings with fins and flippers instead of legs. Fairies will be seen as small, human type creatures with small wings with which they flit around and hover over flowers, water and other features in nature. Gnomes are usually seen as small men and women busily going about their work, sometimes carrying a lantern or other working implements, wearing a tall cap on the head. Male gnomes will often be perceived with a long beard, and wearing the familiar tunic as pictured in fairy tales. Much more could be said about the existence and work of these wonderful Astral Beings, but suffice it to say they are very real indeed and have their own position in the grand Universal scheme.

Children, often until the age of five years old or so are still very tuned into the Astral and Spirit worlds and also have a much higher degree of natural clairvoyant and psychic ability than older children and adults. From the moment of birth children are indoctrinated constantly by parents, relatives and others to make full use of their five physical senses, and are often discouraged from playing with "imaginary friends". The fact of the matter is, these friends far from being "imaginary" are very real indeed to the children who really can "see" and interact with them - another reason why children enjoy hearing "fairy tales" about their little friends so much.

## **6 August 2006 – The Astral Senses**

Another situation where the Astral worlds can be viewed, almost as if watching a movie in a cinema, is just before sleep.

During the process of drifting off to sleep we go through a state where the physical senses "switch-off" and the Astral senses take-over.

Often this process occurs so quickly that it is not noticed.

However, if the sleep entry process is slowed down, very often a "window" appears at the position of the "brow Chakra" or "third eye", which is like a movie screen upon which vivid, colourful moving images can be seen of scenes, people, locales such as vast cities and much more that often defies description.

These are very real images of the Astral worlds, and practice it is possible to project into these scenes and become part of them - a process known as "phasing" - a type of Astral projection.

**13 August 2006**  
**The Human diet**

Ever since my newsletter on the subject of plants and vegetable based diets, I have received numerous messages from people, many of whom still consume animal flesh, asking me to clarify my position.

I realise of course that many of you have consumed animal products all your lives, and a change to a meat-free diet would accordingly be a considerable commitment, and not one to take without due cause.

As people who have subscribed to this newsletter for some time will know, I do not usually focus exclusively on matters usually regarded as one of ethics. However, the choices we make in our diets go far beyond mere ethics. We all arrive on this planet Earth with the freewill to learn, and thereby evolve through experience, and choice of diet is an integral part of that learning and evolution experience.

However, as this subject is extremely important, and due to the fact I have received so many messages asking me to clarify and even justify my position on the subject of diet, this week I have decided to focus on it exclusively, thereby dealing with all of the issues at once.

There are numerous reasons why human beings should consume a diet consisting exclusively of vegetables, fruits and herbs of all types. I would add that I personally, for the reasons mentioned in a previous newsletter, choose to only consume "harvestable" foods that do not destroy the plant from which they originate.

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That said let us now take a close look at the five main factors to consider when deciding whether to commit to a non-meat based diet.

### **1. Spiritual:**

Everything, everyone and every living creature, without exception in the entire Universe in all of its glorious dimensions of life and reality is One - all aspects of the same conscious, intelligent, vibrating Energy, The Source, The First Cause, often simply known as "God".

Due to the extremely narrow perspective humans are normally restricted to while in a physical body through the mediation of the five physical senses, humans perceive everything to be "separate" from everything and everyone else. We hear people speak for example of "that person", or "that tree" or "that animal".

The truth is this is an illusion on grand scale, and illusion caused by the way the five physical senses decode the Energy in which we live and move and have our being.

It would take many newsletters to discuss this important truth in adequate detail, so I will have to ask you to accept it for now. I would also refer you to my book - Our Ultimate Reality, Life, the Universe and the Destiny of Mankind which describes all of these important truths in great detail:

In the context of our diet however the reality is this - whatever we do to others, be it to human beings or animals, we do equally to ourselves as aspect so ourselves. Therefore if we kill or cause suffering to another living Being, we equally do so to ourselves and the entire

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Universe and there is a price to pay in accordance with the immutable Universal Law of Cause and Effect.

We all have freewill and we are all therefore responsible for our own actions, and excuses such as "I have always eaten meat", or "I eat meat because I was taught to by my parents", or "I eat meat because it already exists on supermarket shelves" are not being responsible.

The conditions under which animals have been bred and reared can have a profound effect on the human Energy, Astral and Spiritual bodies.

Animals bred for food very often experience "lives" of extremely negative emotions and therefore energies such as "fear", all of which manifest a powerful vibration in the form of Energy.

Energy manifesting in the form of these powerful negative vibrations such as fear cannot be destroyed, and therefore become associated and will adversely influence all who come into contact with them, for example during the consumption of the animals that have experienced these powerful vibrations of fear and other such emotions on a level that most humans will never have to experience.

As humans we are expected to use our God-given intelligence, freewill and inner-connections to do the right thing or accept the consequences through Cause and Effect.

By now many of you might be saying "well how do you know that eating animals is not the right thing?". We will address some of those issues next.

## **2. Biological, Health and Ecological**

I have studied the medical, biological and paleoanthropological evidence relating to human diet, and these are just a few of my main findings:

a. Human teeth are designed for grinding and chewing in exactly the same manner as a herbivorous animal.

b. Humans have no teeth that are characteristic of carnivorous animals as used for tearing flesh.

c. The human jaw moves from side to side to facilitate grinding.

d. The human hand has no claws or thumb designed for handling meat. Our hands and fingers are rather designed for harvesting vegetables, fruits, nuts etc.

e. The strength of hydrochloric acid in the human stomach, the acid used to break down food into a digestible form, is only 5% of the strength of hydrochloric acid found in carnivorous animals. This is because vegetation is much easier to "break down" than meat.

f. The alimentary canal, which is the entire digestive canal of a human is many times longer in comparison to body size than the alimentary canal of a carnivore. This is so a meat eating animal can eliminate putrefying meat as soon as possible, a requirement that does not apply to vegetation. This is one major reason why cancer of the colon is rapidly increasing in human beings, as well as other related digestive tract dis-eases.

g. Humans are unable to deal with excess fat in the same way that carnivorous animals are. This is a major reason

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why, due to eating meat, humans are increasingly paying the price in the form of obesity, heart dis-eases such as hardening and obstruction of the arteries, and related dis-eases such as diabetes. These are all increasing as parents feed children more and more harmful food. It should also be noted that a child produces most fat cells in the body at a young age, and once produced these fat cells will always exist and have the ability to manifest as fat. So once a child has been "fattened" by parents, they will be fighting against obesity and fat related dis-eases all their physical life. An obese child will always become an obese adult.

h. Vegetarian and Vegans have considerably more endurance and stamina. It has been medically proven that that, on average, a Vegetarian or Vegan has 2 to 3 times more endurance during physical exercise than a comparable meat eater, and will recover from that exercise up to 5 times faster than the comparable animal eater.

i. Vegans live on average 5 to 7 years longer than meat eaters.

j. The proteins originating in vegetables, fruits and nuts are in a far more readily available and digestible form than "meat protein". This is why the world's largest mammals such as Elephants, Rhinoceros, Giraffe and many others can grow so large.

k. The amino acids required by the human body to physically repair itself, under "instruction" from the Energy body are found in vegetation, fruits, nuts etc.

l. When we consume a Vegetarian or Vegan diet we also consume an idea balance of other crucial substances such

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as carbohydrates, vitamins, minerals, enzymes, chlorophyll and numerous others.

m. Meat contains many dangerous or potentially dangerous chemical substances such as: carcinogenic, that is cancer producing growth hormones, DDT, preservatives, tranquillisers, hormones and other drugs fed to animals, arsenic, sodium sulphate and numerous other chemical compound used in livestock farming, all of which are consumed with meat.

So these are just a few of the many biological and health factors relating to the eating of animal flesh and body parts.

There are also many related environmental and health factors relating to the so called "meat industry".

For example, the "run-off" from thousands of "slaughter-houses", and extremely evocative phrase, is a major pollutant of rivers, streams and lakes - thereby causing further suffering, death and destruction.

Rain forests are being levelled at an unsustainable rate to provide land for cattle, and also to grow Soy beans to feed cattle, thus further damaging the environment.

20% of all methane, a major contributor to climate change, is produced by cattle.

3. Biblical: Whatever our position is on religions and their holy books, and readers of my newsletter will know my position very well, there is nevertheless often considerable wisdom be it the "word of God" or not.

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In addition, in the case of the Christian religion we should differentiate between the "old testament" and "new testament" which have totally different origins.

The Old Testament documents events many thousands of years ago, but in often highly coded, symbolic and metaphorical terms, which have been totally lost for the most part on the modern church who do not understand it. That said, much of the Old Testament is not written in such terms and simply makes statements of fact.

I mention and include this here only because many of the messages I receive are from people who endeavour to justify eating animals based on "the word of God" as depicted in the Bible. So in the interests of balance, let us now look at what the Bible and other holy books and religions have to say about the human diet.

But before doing so, let here are just a few famous, intelligent and highly respected people who were Vegetarian and Vegan.

Note: that most if not all of these people understand the "inner realities" and true nature of the Universe:

Pythagoras, Socrates, Plato, Leonardo Da Vinci, Albert Einstein and Mahatma Gandhi as well as numerous others.

*Genesis 1.29: God said, "Behold, I have given you every herb yielding seed, which is on the surface of all the earth, and every tree, which bears fruit yielding seed. It will be your food.*

*Genesis 9.4: But flesh with its life, its blood, you shall not eat.*

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Leviticus 3.17: *It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.*

Leviticus 17.10: *And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood - I will even set my face against that soul that eateth blood, and will cut him off from among his people.*

Leviticus 17.12: *Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood.*

Leviticus 17.14: *For as to the life of all flesh, its blood is with its life: therefore I said to the children of Israel, "You shall not eat the blood of any kind of flesh - for the life of all flesh is its blood. Whoever eats it shall be cut off."*

1 Samuel 14.32-33: *And the people flew upon the spoil, and took sheep, and oxen, and calves, and slew them on the ground: and the people did eat them with the blood. Then they told Saul, saying, Behold, the people sin against the LORD, in that they eat with the blood. And he said, Ye have transgressed: roll a great stone unto me this day.*

Acts 15.20: *But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood.*

Acts 15.29: *That ye abstain from meats offered to idols, and from blood, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well. Fare ye well.*

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Isaiah 1.5: *Saith the Lord: I am full of the burnt offerings of rams, and the fat of fed beasts - and I delight not in the blood of bullocks, or of lambs, or of the goats. When ye spread forth your hands, I will hide Mine eyes from you: yea, when ye make many prayers, I will not hear, for your hands are full of blood.*

Isaiah 66.3: *He that killeth an ox is as if he slew a man.*

And there are many other such biblical references. In addition we find similar references in many other religions and cultures - for example:

*To avoid causing terror to living beings, let the disciple refrain from eating meat. . . the food of the wise is that which is consumed by the holy men - it does not consist of meat. - Buddha, from the Dhammapada*

*He who, seeking his own happiness, punishes or kills beings who also long for happiness, will not find happiness after death. - Dhammapada*

*Because he has pity on every living creature, therefore a man is called 'holy.' - Dhammapada*

*If one has a strong desire for meat, he may make an animal out of clarified butter, or one of flour, and eat that. But let him never seek to destroy a living being.*  
- Manusmriti 5.37.174

*As long as human society continues to allow cows to be regularly killed in slaughterhouses, there cannot be any question of peace and prosperity.*  
- A.C. Bhaktivedanta Swami Prabhupada

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*The greatness of a nation and its moral progress can be measured by the way in which its animals are treated.*

- Mahatma Gandhi

*Whoever is kind to the lesser creatures is kind to himself.*

- Prophet Mohammed

*There is not an animal on the earth, nor a flying creature flying on two wings, but they are peoples like unto you.*

- Koran, Surah 6, verse 38

And so it continues...

I could cite countless further examples but the message should be clear. No religion, belief system or any order understanding the true nature of the Universe and all life therein, would ever countenance the harm or slaughter of fellow Beings of any sort, to consume for any form of self-gratification.

I have received messages from people who endeavour to turn eating meat to their advantage by stating that the Universe is perfect, and therefore would not allow the eating of meat if it was imperfect to do so.

Well the fact is the Universe provides us with freewill to learn and evolve, as well as the physical planet Earth upon which to do so - for the time being anyway. There is the perfection.

Using that argument anything could be justified including but not limited to murder, rape, child abuse, terrorism, wars and many other horrors - and yet we know these to be wrong and repulsive.

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The Universe operates in one direction only - that of perfection.

The ultimate and most sacred objective of everything and everyone is to achieve such a state of perfection, through experience, as to achieve the potential of unity with The Source, The First Cause, God, from Whence we came in the beginning.

Although we enjoy the freewill with which to follow our path and true destiny we are at the same time governed by immutable Universal Laws including Cause and Effect, an aspect of which is "Karma".

If we make the wrong choices we pay the price - every time, no exceptions, and thereby we learn and evolve through experience.

Yes people have the freewill to treat animals, other forms of life and Earth - which is a great Planetary Spirit, a living Being, badly, but in so doing there will be a price to pay, a price which is not a punishment or retribution, because the primary principle in the Universe is Unconditional Love, but rather a learning experience. No human being can progress to the Inner and incomprehensibly more glorious spheres of life until they have learned their lessons in this one. Yes - there is all eternity to learn but why delay? Our destiny is much greater than the physical limitations imposed by this 3 dimensional, material world upon which we live and learn at this time.

Some may use the excuse that they have been taught by their parents to eat meat from an early age, and that others eat meat. This may well be true, people are programmed from birth to eat certain foods, participate in certain

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religions, wear certain clothes and a many other forms of programming - which is precisely what it is.

However. we all have freedom of choice. Anyone can break free of their programming in order to exercise freewill that true progress can finally be made, rather than always conforming to the expectations of others and thereby going nowhere or often going backwards resulting in many more incarnations on Earth until freedom from the program can be achieved and progress finally made.

Plain and simple - participating, at any level, in the suffering and untimely death of any form of life is fundamentally wrong however you choose to look or endeavour to justify it.

In the case of food the physical senses, notably taste, have a very strong stranglehold, especially when bombarded with all of those commercials on TV, and the assault on the senses of all of those brightly coloured, seductively packaged products on supermarket shelves.

People find it easier to take the path of least resistance by giving into their programming, commercials and sense of taste to consume these products while putting the consequences of their actions to the back of their Minds.

Progress is all about knowledge, power and the strength to pursue our own true destiny, to break free of programming and to do what we believe is right rather than giving in to commercial pressures the expectations of others and to the seduction of the physical senses, selfishness and Ego.

Finally, if anyone needs a graphic account of the plight of animals being bred for food, here is an excellent video called "Meet your Meat":

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<http://www.petatv.com/tvpopup/prefs.asp?video=mym2002>

It is only fair to warn you it is horrific - but the truth often is. I would ask you all to watch this all the way through to get at least some sort of idea of what consumers of meat and dairy products are supporting.

So there it is - I hope that has provided you with at least some additional insight into this most important subject.

For further insight about our special relationship with all life and the Universe, my book, Our Ultimate Reality, encompasses these crucial subjects in depth.

**20 August 2007  
The 2012 Prophecies**

One question that frequently arises is that of the year 2012.

Many people will have heard that December 21 2012 is a day of great significance, mostly in the context of that date being the very end of the Mayan calendar and everything that implies.

The big question on the Minds of most people is "what is the significance of this date"? What will happen to Earth? What will happen to all of us?

This is a huge subject, and one that goes way beyond the scope of this newsletter. However, it is also an extremely important subject, and one that I will be focusing on through various resources in the future. Today however we will take a look at some of the basics surrounding 2012.

What is the real significance of December 21 2012?

The reason this date has become so well-known is because it is the date that represents the "end of the Mayan calendar".

Why is this so important?

It is important because the Mayan's, like many of the ancient races of millennia ago, were in fact extremely advanced in many areas. By "advanced" we do not necessarily mean in terms of "technology", which in itself does not mean advancement at all, but as astronomers, mathematicians and builders - among other things.

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Like the ancient Egyptians, to whom they were almost certainly related at some time, probably linked through the legendary continent of Atlantis, which is not actually a legend, the Mayans built the most amazing structures that defy explanation - being beyond the capabilities of so called "modern man.

The Mayans were also incredible observers, mathematicians, and keepers of ancient and sacred knowledge. Using these abilities they were able to construct calendars which not only chart time, but also charted the cosmos, and forthcoming great world events.

We know that such an event, perhaps even the final event, is to take place on December 21 2012. The big question is what?

This is a question that will be addressed in the future both here and through other resources which will be announced in due course.

Only by endeavouring to fully understand 2012 and putting it into the right context can we be fully prepared for this event.

In fact - there are three major issues that we need to consider and to face in the next few years. These are:

1. December 21 2012
2. Earth planetary changes
3. The agenda of terrestrial and extra-terrestrial factions

Although at first glance these might seem separate, they are in fact linked in various ways.

## **20 August 2006 – The 2012 Prophecies**

But today let us take a look at some of the very basics of 2012.

The ancient Mayans had many advanced abilities and most importantly ancient knowledge, probably originating from sources that are not immediately apparent at this time. Among these abilities were mathematics, astronomy, and prophecy based upon past world and astronomical events.

The Mayans knew that nothing ever happens by "chance" in the Universe, even though it often seems like it from a narrow human, temporal experiential perspective. The Mayans knew that everything happens in cycles of varying lengths, cycles that correspond precisely to past and future cosmic and world events.

Many of these events are the result of the one factor common to everything in the Universe without exception - Energy, which can manifest at any level from the Universal to the individual.

This is why Astrology, and I do not mean the "horoscopes" of the tabloids, I mean genuine astrology, is so significant, charting as it does the effects of a confluence of Energy being prevalent at the time of arrival on Earth, and which has so much influence over our physical life. Energy is everything.

The ancient Maya knew this, and were able to observe the effects of these confluences and events, and thus, with their seemingly amazing mathematical abilities, track future events.

The Maya had several calendars of varying lengths, the most significant of which were the "Short Count" and the "Long Count".

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The Short Count is compiled by combining the "Tzolkin cycle" with the solar year and the Venus cycle of 584 days, thus generating short periods of 13, 52 and 104 years.

It is however the "Long Count" cycle that is of the most interest, the end of which is also the end of all Mayan calendars.

The Long Count is derived from nested cycles of days multiplied at each level by the key Mayan number, 20, resulting in the following periods:

1 Kin which is a day  
20 Uinal  
360 Tun  
7200 Katun  
144000 Baktun

The only deviation to multiplying by 20 is the Tun level where the Uinal period is instead multiplied by 18 for the 360 day Tun.

The Maya used this counting system to track an unbroken sequence of days from the time it was inaugurated.

Long Count dates are separated by dots. For example: 6.19.19.0.0 equals 6 Baktuns, 19 Katuns, 19 Tuns, 0 Uinals and 0 days. Each Baktun has 144000 days, each Katun has 7200 days, and so on.

If we add up all the values, 6.19.19.0.0 indicates a total of 1007640 days have elapsed since the Zero Date of 0.0.0.0.0. The much discussed 13-baktun cycle is completed 1872000 days, 13 Baktuns, after 0.0.0.0.0. This period of time is the Mayan "Great Cycle" of the Long Count.

## **20 August 2006 – The 2012 Prophecies**

Each Baktun has corresponded with a major cycle on Earth, which are too extensive and complex to go into here. Suffice it to say that The 13 Baktuns and 20 Katuns collectively represent a perfect fractal of the 260 unit 4th dimensional timing matrix spread out as a chronotopology that we simply call "history".

Each Katun represents one of 260 kin. The Baktuns represent a set of morphogenetic fields, each with 20 lesser waves rising in a pitch of climax during the 13th and final Baktun 1620 CE to 2012 CE.

This final Baktun represents the time where, driven my the Ego, materialism and money, "history" and therefore mankind has reached a saturation point, where "history" simply has nowhere else to go.

And it is this event that was always charted precisely by the Mayan Long Count calendar to coincide with the end of this great cycle.

Historically it can be demonstrated that every quarter of the long cycle, approximately every 6400 years, there has been a major catastrophic Earth event for the last three such quarters. These include great floods, earthquakes, and other global events. Such events are documented as the "great flood", the destruction of Atlantis, etc.. The final quarter is December 21, 2012.

It should also be mentioned that other mathematical systems, notably the Chinese I-Ching, which was also once used as a calendrical system, also point to the year 2012, as do other lesser known systems it seems.

So these are the calendrical and mathematical considerations, but there are other considerations.

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On December 21, 2012 there will be a galactic alignment of the "galactic equator", and what the Mayans refer to as "The Sacred Tree", with our star, the Sun, at the very centre of this alignment.

This in itself is no coincidence. This alignment has on our solar system astrological, astronomical and Universal considerations, and in particular the corresponding Energy effects both on Earth and indeed the entire solar system.

So that, in extremely basic terms in the interest of keeping it simple for now is the basics of the math and associated events from a historical and chronological perspective relative to the Earth space-time continuum.

The question is - what does it all really mean for us?

The honest answer is we do not really know at this stage at least in the process, although I and others are very much tracking it.

There is however too much data and historical evidence to conclude that nothing will happen. The only question is in what form will it take - the possibilities including physical, Energy or Spiritual, or indeed a combination of all of these.

If we look at solid evidence we can observe the following factors:

Schumann Cavity Resonance: The Schumann Resonance can be likened to the "heartbeat" of Earth. Scientifically it is due to the space between the surface of the Earth and the conductive ionosphere acting as a wave guide. The limited dimensions of the earth cause this wave guide to act as a resonant cavity for electromagnetic waves in the extra low frequency ELF band.

## **20 August 2006 – The 2012 Prophecies**

Historically the Schumann Resonance has held steady at a frequency of around 7.83Hz, however in recent years Schumann Resonance has increased to as high as 12Hz, the highest possible believed to be 13Hz.

**Earth Magnetic Field:** The magnetic field of the earth gives rise to the magnetic poles as used for navigation purposes. This magnetic effect is caused by Earth behaving like a giant electromagnet caused by the molten iron core and the rotation of the Earth.

The magnetic field of Earth has been progressively reducing over the years, and in fact appear to be doing so proportional to Schumann Resonance although they may not be directly connected.

Evidence of this can be seen by the fact that some sea mammals such as dolphins, porpoises and whales use the magnetic poles for navigation purposes, and there has been a large increase in these creatures going off-course and beaching themselves.

Finally, extinctions of species on Earth is 100 to 1000 times higher than the historical average, being greater than at any time in fact since the last dinosaur extinction 65 million years ago.

So what does the future hold for the human race?

The truth is we still do not know. Everything I have summarised today could be a series of coincidences or they could all converge to point to some major world event. We just do not know and there is certainly no value in speculation.

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It would be totally inappropriate to state for example, as some are, that "the world will end in 2012". The entire scenario is far too complex to make sweeping, dogmatic statements of that nature.

Although some event seems likely, we do not know the scale of such an event, how it will manifest or how it will affect the planet, humans and all life, or how long the entire process will take.

One thing we do know beyond all doubt is that everyone will survive and be the better for the experience - the only question is in what form, physical, Astral or Spiritual.

One thing is clear however, everyone has a window of opportunity to change for the better. The next few years could be spent evaluating your life, your relationship with fellow man, animals and the planet, and then taking the appropriate steps to become as aligned and prepared as possible for any coming events.

Earth has been a major learning opportunity, an opportunity to evolve. if, and I do say if the physical planet is to come to an end, then what happens next on an individual level will depend entirely on where you are Spiritually at that precise time.

Consequently there has never been a better time to place yourself in the best possible light in preparation for whatever is to come.

This is one of the major reason I wrote Our Ultimate Reality, which sets out these vital steps.

Again though, and this is most important, every single person will survive. We are all immortal, Divine Beings,

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aspects of the Supreme Being, and our true destiny is far greater than the temporal learning experience of this planet we call "Earth", our lives upon which are as the blink of an eye in comparison to all eternity.

Everyone, sooner or later, regardless of this Earth event we call "2012" will move on to sphere of life and reality that are glorious beyond the remotest comprehension of Earthly man, and that is the true destiny and objective of everyone on the sacred path back to The Source, The Prime Creator, some simply call "God".

Above all approach the future with joy, faith and sincere gratitude for our Earth experiences.

And always know that there is nothing to fear but fear itself – so be fearless - all will be well.

**27 August 2006**  
**The Vegan diet**

The number of messages I have received since the newsletter discussing this important matter has been truly incredible. It is clear that many of you were previously simply not aware of the implications of eating animal flesh and have now, since reading the newsletter and viewing the shocking farm animal cruelty video, taken the decision to switch to a Vegan diet which is wonderful to hear.

Many people have asked me for book recommendations about the Vegan diet and becoming Vegan in general.

Here I have some excellent news. The very best book about becoming and being Vegan is called "Vegan - The New Ethics of Eating", by Erik Marcus. This book which is a bestseller is available from most bookstores and online stores such as Amazon, but due to the importance of these issues the author has now created an electronic version of his book which is freely available.

Right-click the following link and select "Save target as...." and point with your mouse where you wish to save the file to on your PC.

<http://www.ourultimatereality.com/files/Vegan.pdf>

This book will answer most, if not all questions on the subject of animal suffering, health and diet.

## 27 August 2006 – The Vegan diet

This is the opening paragraph of the Foreword of this excellent book:

*"Almost 70% of all Americans, according to the former surgeon General C. Everett Koop, are dying from ailments associated with their diets. About half of us will die from one thing: heart disease. Another third of all Americans will have cancer, and one quarter will die from it. Study after study proves the inseparable link between diet and health. We can no longer afford to stick our head in the sand and ignore these facts, if we are to lead long, healthy lives.*

*However, the American people can change the odds dramatically if they adopt two very simple practices: refrain from eating animal products and spend the grocery budget on organically produced fruit and vegetables. A study at Loma Linda University has shown that a group of Vegetarian men lived about 7 years longer than their meat eating counterparts. Studies in Germany and Finland also have shown that people who eat no animal products, Vegans, may live an additional 15 years over the animal-eating population".*

Of course this applies equally to Britain and other countries.

The fact is, plain and simple, the majority of people are not eating foods that the human body was designed to digest and assimilate for the reasons I mentioned in my newsletter on the human diet. This is evidenced at all levels, medically, Spiritually and even biblically. The benefits of moving to a Vegan diet for health alone are profound, and when taking into account the contribution to the prevention of animal suffering, there seems to be no justifiable reason

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to continue to consume "meat" or other products associated with fellow animals.

Above all we, all life and everything are One. Everyone and everything without exception, every animal, every Being, every plant, every organism, every rock, stone and grain of sand or dust is an equal and inseparable aspect of the very same conscious, intelligent, vibrating Energy, the Divine Energy in which we live and move and have our Being. Whatever a person does to an animal, either directly or indirectly, he also does to him/herself. There is no escaping this truth or the Universal Laws that regulate it.

One of the main questions arising about a Vegan diet is that of complete nutrition. Some for example quote protein as a concern.

Here is a comparison of the Protein BV, "Biological" Value" of various foods:

### **PROTEIN BV\***

Egg 93.7  
Milk 84.5  
Fish 76.0  
Beef 74.3  
Soybeans 72.8  
Rice, polished 64.0  
Wheat, whole 64.0  
Corn 60.0  
Beans, dry 58.0

As can be seen, Soybeans for example have more or less the same protein BV as beef.

## **27 August 2006 – The Vegan diet**

It is true that egg, milk and fish, all unethical, suffering associated foods have more, but it is equally clear that eating 50% more Soy, grain or pulse based products, weight for weight, will more than compensate for the differences in protein intake.

Please download and read the excellent Vegan PDF. In future newsletters I will be bringing you further book recommendations and information on this extremely important subject.

**27 August 2006**  
**More about 2012**

The other major subject of messages received recently is the apparent enigma of the much prophesied December 21, 2012 events - and in particular the big question: "am I going to die"?

The short and true answer to that question is an emphatic No.

Why? Because there is no such thing as "death". Whatever happens during or after 2012, if anything, we all live on as immortal, Spiritual Divine Beings, the only question being in what form?

Most people still have a very temporal view of "life", looking around at such things as "houses, cars, fashions, vacations, television sets", and other "trappings" of this material world, wondering what they could ever do without them.

"Trappings" is the operative word. These material illusions, which are all they are, are literally binding or trapping people to very limited, three dimensional existence.

If only everyone knew what lies ahead on the path back to the Divine from whence we came, not only would there be no fear of "death", the desire would be to shed the encumbrance of the physical "body" and escape "Earth" forever, and this desire is one of the possible outcomes of the prophesied 2012 event.

How does this relate to 2012?

## **27 August 2006 – More about 2012**

First and foremost we still do not know if anything at all will happen on December 21 2012, or at any time in 2012, or indeed at all. We will examine that more closely in just a moment.

But quite simply, if, and only if the prophecies are true, then one of three fundamental situations will likely result immediately before, during and after the 2012 event based upon what we know to date:

1. Human beings will undergo a massive Spiritual evolutionary transition whereby true, Divine, Spiritual reality will be realised and experienced. Focus and abilities will no longer be materially based, but rather Spiritually based.

If this comes to pass, humans will still inhabit a physical body, but the body will assume its true identity as a vehicle of learning. Material things will be seen for the illusion they truly are, and the emphasis will be on "service to others before service to self", and the building of the biblical "kingdom of heaven on Earth", a paradise where selfishness, war and disharmony will be a thing of the past.

2. The Planet Earth, a great, living planetary Spirit, will evolve or "graduate" to the 4th density, the next evolutionary level on His/Her own path of return to The Prime Creator. In this case all organic life on Earth will cease to exist, and will also transition to the 4th or 5th density, the Astral or Spiritual worlds, where life will continue as ever in the Astral or Spiritual body, depending on Spiritual progress.

3. Earth will experience some massive cataclysmic physical trauma which will destroy most if not everything on the planet. If this happens the result will be the same as in

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possibility 2. above but will happen in a different way. It is likely that all life will transition to the 4th or 5th densities, again depending on Spiritual evolution, before this cataclysm strikes, so there will be no suffering.

We are not intended by the Universe to suffer - all suffering is a direct result of the actions and thoughts of humans.

The most important potential outcome is the evolution of present day human beings - Homo Sapiens, to the next level: "Homo Spiritus".

So the big question is - will 2012 actually happen? Do we really only have just over 6 years left on this planet? If so, what do we need to do in those 6 years?

Regarding the "if" - I have personally carried out considerable and ongoing research into this.

My research has so far resulted in at least 50 significant to extremely compelling pieces of evidence that point to varying degrees to a major event in 2012, specifically December 21, 2012.

This evidence is far too extensive to reproduce here, but there will soon be a new website dedicated to these important matters which will set everything out in detail. More about that in a future newsletter.

The major influence and point of reference for all 2012 oriented subjects is the "end of the Mayan calendar", which is December 21, 2012. The reasons for this will again be detailed on the new site.

The first question we have to ask is this a case of the fable of "the emperors new clothes"? In other words, has

## **27 August 2006 – More about 2012**

December 21, 2012 become so synonymous with the "end of the world" that everything has been Subconsciously contrived to justify this end date, by making the theories match the claimed facts? Have researchers become so convinced about 2012 they have approached it from a factual perspective and set about proving it, rather than establishing their is any basis in fact in the first place?

I personally believe there is an element of this, but there is much more to it than that. The evidence I have compiled originates from a timescale of thousands of years, from every part of the planet, between peoples with no apparent communications with each other.

However, all the evidence is circumstantial, theoretical and anecdotal. If such evidence were to be presented in support of a case in a court of law, the case would be dismissed and the accused discharged or found not guilty as charged.

So the answer is, due to lack of firm evidence, we simply do not know, and anyone who claims that 2012 is definitely going to happen and what is going to happen is deluding themselves and others.

It might well be that as 2012 draws nearer we will know for sure, and when we do readers of this newsletter will be the first to know along with visitors to the new, soon to be announced site.

However - it is moot. We should never, ever live for the past, or in particular for some future, imagined event. There is only Now.

Remember - if, and only if 2012 happens, where you are Spiritually on the sacred path could have a profound

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influence as to where you transition to after the event and the conditions you experience.

**3 September 2006**  
**The Importance of Whole Foods**

This last week I have received numerous, very welcome messages on the subject of diet following my previous newsletters on this important subject.

There are many issues arising that are best dealt with in a future newsletter, however there are some important points arising that I will briefly deal with first today.

It seems to me that many people still justify the "need" to consume animal flesh in terms of nutrition. Clearly it is extremely important that we remain physically healthy, but the fact still remains that there is often a tendency to confuse personal desires with necessity and what is Spiritually, ethically and morally correct. In other words the tendency often is to justify it to oneself rather than face the facts.

The Universe has provided humans with everything we need as harvestable food. Of course we cannot simply consume soy products for example - we still require a balanced diet, but that balanced diet is totally provided for by nature if only the time and will is taken to investigate.

I will not dwell on this today but I will refer you to a book that very recently came to my attention, and seems to demonstrate many of these important truths.

The Book is called "The China Study" and is without question one of the most extensive, objective and expert studies ever carried out into nutrition. The China Study has become an acclaimed best seller.

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Quote: "T. Colin Campbell, PhD, is the project director of the China-Oxford-Cornell Diet and Health Project (the China Study), a 20-year study of nutrition and health. He is the Jacob Gould Schurman Professor Emeritus of nutritional biochemistry at Cornell University. In more than 40 years of research he has received more than 70 grant-years of peer-reviewed research funding and authored more than 300 research papers".

Here is one of its conclusions:

"The findings? "People who ate the most animal-based foods got the most chronic disease ... People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease. These results could not be ignored," said Dr. Campbell.

This is a brave study by a recognised and highly respected expert in his field. Most people are programmed from birth in matters such as religion, education, nutrition and much more, and it is therefore excellent to see a person of high standing, and with a lot to lose, breaking free of that programming to convey the truth to the world.

**3 September 2006  
Animals after Passing**

I receive numerous emails on the subject of dearly loved pets, and what happens to them when their time arrives to make the transition from physical life.

Well first we need once again to re-iterate the greatest truth - everything is one. We are all each other and all there is including "animals". We only differ in terms of form and abilities.

Many people, most unfortunately, still believe human beings to be so superior to animals that animals should not enjoy the same status, either during physical life or after passing on. This is an extremely unfortunate and erroneous perception, due for most part to the still very Egocentric attitude of much of mankind today, in believing human beings to be the superior creatures of the Universe, and also often due to the dogma of orthodox religion.

Indeed it should be noted that most religions will, even today still not even acknowledge equal status of female human beings to their male counterparts, much less to members of the animal world.

This perceived superiority of humans over animals has also, very unfortunately indeed been exacerbated by the way humans perceive and therefore treat animals generally. This includes using animals for food, labour, entertainment, hunting, and of course as pets.

Pets of course are generally treated very well, and are usually loved and often respected by their human companions, and which level of love and respect is shared and returned equally by the pet.

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This perception of the status of animals should be viewed and understood much more deeply both from a Universal perspective, and also from a historical, physical perspective.

In terms of the grand Universal scheme of things, all life without any exception whatsoever is a completely equal aspect and expression of God. The meaning of the words "God made man in his own image" has been drastically misunderstood and misinterpreted by both the creed and dogma of orthodox religion, and also by the human Ego generally, being deemed to mean literally that humans physically look identical to the personified God. Humans accordingly believe they hold some sort of special position in the Universe, all other forms of life being subordinate to the human race.

However, the true "image" of God is pure Spirit, the very same pure Spirit of which everything and everyone, including all animals are equal aspects, and all are therefore equal aspects of The Source, The First Cause of God. From a physical perspective most humans still view animals as inferior and subordinate, accordingly causing many humans to treat and perceive animals in this way. The reality is however that no animal life whatsoever is in any way inferior to human beings, animals simply being different aspects and expressions of God, differing only in terms of appearance, abilities and priorities.

Humans for the most part, still being governed by the Ego, perceive all life relative to human life as being inferior. In fact as all humans will discover after eventually evolving to much higher levels of Spiritual life, to the much more advanced Beings of the inner Spiritual levels of life and reality, mankind today is by comparison, equivalent to what humans on Earth now perceive to be the very lowest forms

### **3 September 2006 – Animals after Passing**

of single celled organisms. To these advanced Beings of the inner spheres of life, earthly man seems barely capable of even any sort of thought processes. And yet these inner Beings do not in any way whatsoever perceive earthly man to be inferior or subordinate in any way, but rather perceive earthly man with Unconditional Love, as equal aspects of God who are simply further down the path of the evolution of the individual, immortal Spirit of the journey back to The Source, The First Cause, God.

All animals are therefore equal to human beings, equal aspects of God. The progression of animals after physical death is therefore no different to that of humans, all being relative and specific to each individual type of animal species including human beings. All animals, like humans are Spirit, and accordingly, like humans survive the death of the physical body. For all those who mourn the passing of a beloved pet, please be absolutely and completely assured your pet is safe and well, and is enjoying the peace, harmony and happiness of the inner worlds. Please also be absolutely assured your pet and will not forget their human companions. Just as humans who have passed on to the inner worlds frequently visit loved relatives and friends who are still living in the physical world, so too do animals.

Your pet might not be any longer by your side in a physical body, but your pet will most assuredly still be with you in Spirit, just as he or she was with you before passing on to the inner worlds.

Your pet will still maintain exactly the same love, trust and loyalty as they ever did in physical life, and will continue to express that same love, trust and loyalty from the inner worlds.

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Different species of animals progress in different ways after physical death. Animals who were particularly close to humans in physical life, for example dogs, cats, and other pets, assume a special affinity to the human Spirit, elevating and enabling them to retain a higher level of individuality and closeness to their human companions. We are advised by inner Spiritual beings that animals who were not particularly close to humans, for example so called "wild" animals, continue to survive after physical death within a group Soul of their own species, in a very similar way as they did in fact during their physical life on Earth, continuing to exist often as part of a herd or group animal Mind.

There is a vast amount of evidence to prove the continuity of life after the physical death of animals, and particularly pets. During séances for example pet cats and dogs frequently appear before their human companions who are present at the séance, during which they make every possible effort to make their presence known.

Just as with human Spirit communication, the way in which the pet makes its presence known can vary considerably, but which includes making its usual characteristic noises in the case of the "direct voice" method of communication, to brushing against the human companion with his or her Etheric animal body, to even fully visible materialisation.

Other animals who are still physically living, can also "see" or perceive deceased animals with their natural inner Spiritual abilities, and very often can and do react to the Spirit of the animal in exactly the same way as they did when the animal, often a companion, was still physically alive. Cats and dogs often have the highly developed psychic abilities that most humans have lost over time, as will be discussed later in this book, and "seeing" their

### **3 September 2006 – Animals after Passing**

former living companions, pets of the same human during physical life, seems perfectly normal.

Pets are never alone after passing from the physical world. Apart from their ability to visit human companions whenever they wish to do so, they are also often befriended by a human Soul within the Astral worlds who will happily look after the pet on behalf of the still living human companion. This is exactly the same situation as occurs when a child passes on before his or her parents - there are always plenty of people within the Astral worlds who will look after children and pets alike.

Very often during a séance a Spirit will appear accompanied by the pet of one of the members of the séance, and which Spirit will provide complete assurance that the pet is being very well looked after. Very often, as previously mentioned, the pet will also make its own presence felt in various ways. Pets do not need formal séance conditions in order to do this. Very often a pet having passed on can make his or her presence felt in varying ways while visiting their human companion. These ways can vary anywhere between a "feeling" of a presence, to actually "seeing" the animal very briefly while in a psychically receptive state of Mind, to, as has often happened, actually physically hearing the animal, sometimes very clearly indeed almost as if he or she were still physically alive in the same room. People who have some degree of psychic or clairvoyant abilities can also very often see their deceased pet just as if they were still physically living.

Many people have felt the presence of their pet at night while lying in bed just before or after sleep. This presence can often be felt in the form of footsteps walking over you notwithstanding the fact the room is empty. If you lie still,

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this is very unmistakable, and identical to the behaviour of the pet in physical life.

You can be absolutely sure therefore that pets, and indeed all animals transition to the Astral worlds, to the "heaven" worlds just as humans do, and not only will they remain constant friends and companions after passing, they will also be waiting, that upon the passing of their human companion both will be reunited once again. As we will discuss later in this book, Unconditional Love is the most powerful vibration, Energy, force, in the Universe, a force keeping Spirits of both humans and animals alike together.

The love between an animal and a human companion is totally unconditional, and does not diminish when the time comes for physically passing from the physical world to the next stage of life, as will happen with all animals and humans alike sooner or later, just as later all loved ones, animal or human will be reunited once again in the harmony of the Astral worlds.

Just as with humans who have "passed over", a pet will know, beyond doubt how their previous companion feels about them, and will even know their thoughts and emotions.

So always know that your pet is safe, well and happy, loves you every bit as much as in the physical world, and greatly appreciate being sent feelings of love, particularly when they are visiting.

Have a wonderful week, and remember that "thoughts are things" so Mind them carefully.

**17 September 2006**  
**Astral Projection factors**

Astral projection is one subject I receive a particularly large number of questions about every week.

In recent years Astral projection, and the related Out of Body Experiences have seen a tremendous upsurge of interest, with increasingly more people wishing to experience the inner realms of reality, and thereby discovering the inner truths for themselves.

This is no coincidence. From around 1987 we have been entering a new era, manifesting on Earth in many, still subtle ways, but in particular influencing the vibrations that affect everyone on Earth. As these influences accelerate, increasingly more people will become aware of them, and will feel the inner urge to take action.

These urges are for good reason - over the next few years it is becoming increasingly apparent that profound changes will take place, and those who are already familiar with the inner realms of reality will be in a much better position to assimilate them.

Many people who contact me have been reading the various books dedicated to the subjects of Astral Projection and Out of Body Experiences, but have become increasingly frustrated with lack of progress, and understandably so.

Unfortunately many of these books focus on the mystical, esoteric and occult aspects and methods of achieving these abilities, and are therefore largely unsuitable for the vast majority of people.

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The truth is, Astral Projection and Out of Body Experiences are, like psychic abilities, well within the capability of every single person without exception. It is only the descent of the human race into an increasingly materialistic focus, away from the inner realities that has caused mankind to forget these crucial abilities, thereby isolating most people from their true Spiritual nature, with the Spiritual loneliness and isolation that results.

Many people are tempted to look towards the various "pills" and "potions" that are advertised on the Internet in the hope these will provide "instant Astral Projection". The fact is they cannot and will not work, and will only lead to further disillusionment.

There are substances, known as "entheogens" as used by the native "shamans" of central America to reliably bring about Out of Body experiences, but these are potentially very risky indeed to use without the correct knowledge, experience and guidance. These shamans have been using these natural substances for thousands of years, and have an extremely advanced understanding of how to prepare and use them in order to achieve the desired results.

So where do we start if we wish to experience Astral Projection and existing outside of the constraints of the physical body??

Well the good news is that it is not necessary to put time aside during the day in order to practice a series of convoluted mystical procedures. The fact is we all project from our physical body every night during "sleep". The point of projection is characterised by what is known as "Rapid Eye Movement, often known as "REM".

## **17 September 2006 – Astral Projection factors**

The Astral and Energy bodies move out of phase with the physical body in order to re-charge with Energy from the Universe through Energy centres known as "Chakras" during sleep. It is due to this "re-charging" that we awake in the morning feeling refreshed and "full of Energy".

Of course the vast majority of people are completely unaware of this process due to the fact the Mind, like the body is asleep -  
i.e. unconscious.

There is however some evidence this process occurs. One of the most common is suddenly be jolted awake after a feeling of falling from a great height. This in fact is caused by the Energy body suddenly reuniting with the physical body. Many people also experience vivid dreams involving the feeling of flying for example. In these cases the Astral body rather than remaining just out of phase with the physical body, has decided to go on an Astral adventure, sometimes for recreation, but very often for much more serious purposes, for example to meet a person or people residing in the Astral, to meet a Spirit guide, or to attend places of learning. The memory of these experiences is however unfortunately largely lost upon waking.

Other fairly common experiences include awaking in state of "catalepsy" or paralysis. These episodes are characterised by waking, often early in the morning, but being totally unable to physically move. This can of course be quite terrifying unless you are aware of the reasons for it.

Another experience that is often associated with catalepsy is the ability to "see through closed eyelids". In these cases the person can clearly see their surroundings, even though their eyes are still firmly closed.

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Both catalepsy and seeing through closed eyelids occur due to the fact that the Mind of the person experiencing these has awakened, while the physical body remains asleep, and therefore consciousness is still focused within the Astral/Energy body rather than the physical body.

This state however is ideal for an Out of Body Experience. If you wake up in state of catalepsy, or seeing through closed eyelids, all you have to do is to will yourself to float upwards, and you will find yourself full separated from your physical body.

We can take advantage of this knowledge for creating the right conditions for an Out of Body Experience. Usually while sleeping we are in a state known as "Mind asleep, body asleep". To experience being out of body we need to experience a state known as "Mind awake, body asleep".

There are two main ways of accomplishing this, both taking advantage of natural night-time sleep. The first is after going to bed at night remaining aware as the physical body goes to sleep.

After the physical body has gone to sleep you can simply will yourself away from your physical body and travel anywhere you desire close to the physical Universe or the Astral realms.

The second method, and this is by far the most common, is to bring about a situation where the body remains asleep when the Mind awakes. The best time to accomplish this is early in the morning, around 3 hours before normal waking time. This is the time when catalepsy and/or seeing through closed eyelids is often experienced.

## **17 September 2006 – Astral Projection factors**

There are several methods of achieving this, but which are broadly divided into two main methods - mechanical methods where which involves disrupting sleep patterns, and mental methods which involves programming the Subconscious Mind to awake your conscious Mind after the physical body has gone to sleep. This method is highly effective just after going to bed, by programming the Subconscious Mind to awaken the conscious Mind as soon as the Astral and Energy bodies have naturally separated from the physical body.

In future newsletters we will look in detail at how we can best accomplish these methods and what to do after you succeed.

**24 September 2006**

**Animals after Passing – a true story**

A few weeks ago we discussed what happens to animals after the death of their physical body, and in particular the fact that they, like humans, joyously live on, and remain faithful to their human companions who provided so much love and care in physical life.

I would very much like to thank the subscriber who sent me this wonderful account:

"Here is the story about our ghost dog. His name is Zack.

A little over three years ago my wife's mother died of cancer. When she did she left behind two dogs. Both are dachshunds. The female named Heidi we still have and her son Zack is the subject of this story.

Zack had been very abused by my brother in law that still lived at home even though he is 51 years old. Zack was always happy to see us when we visited. I guess because he was well treated while we were there.

My wife's mother lived in Wisconsin and we live in Florida. When she died she left nothing behind but a rented house full of stuff. All the siblings began to argue about the possessions and it was suggested by a couple of the brothers that the dogs should be put to sleep. Well my wife would see none of that and so I had to drive to Wisconsin for both the funeral and to bring back the dogs. So Zack's new life began.

As soon as I got the dogs home I had to give them baths as they stunk bad. Of course not being used to baths they

## **24 September 2006 – Animals after Passing – A true story**

resisted. But after a few months they got used to the weekly bath.

Zack was a very overweight dog. His chest dragged the ground and he was not able to make a walk from the house to the mailbox.

After a while his diet and daily walks began to slim him down and he could actually walk around the block. He was a cool dog that easily learned many tricks and loved the attention. My son was really taken with him and Zack slept curled up next to my son every night.

After we had him for a bit more than a year he came down with renal failure and crones disease. After a week of suffering he died. Our neighbour took the body for disposal.

We had given him a good life for the thirteen months we had him, unfortunately we did not overcome his weight problem fast enough.

However I believe that Zack was very grateful.

A few days later my daughter saw Zack standing in the door. She looked again and he was gone. Since that incident she has seen him many, many times, almost daily. I too have seen him.

One day I came home and as I walked in the door he came to greet me. I even bent down to pet him not remembering he was dead. As soon as I touched him he disappeared. I have seen him many other times walking down the hall way, going into my sons room. I have heard him as he clicked his way across the kitchen floor. (his toenails would click as he walked across the linoleum). I would check and

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there would not be a visible dog and Heidi would still be in her bed. (she is now 19 years old and has outlived all her offspring) The sightings are getting fewer for me about once or twice a week, while my daughter sees him only about once a week.

So we have a ghost dog and we are happy that he hangs around making sure we are safe as he was a good "guard dog".

I would like to thank Ralston for generously sending me this account which, I am sure, will give comfort and to many owners of loved pets who have made the same transition that all life experiences.

**24 September 2006  
Healing**

There are many forms of healing, but they are ultimately all involved with one thing - Energy. At all levels humans, like everything else in the Universe without exception, are pure Energy manifesting in an infinite number of ways.

The human body is ultimately pure Energy, which, like everything in the outer-world, the physical Universe, is a perfect reflection of the inner world, in the case of our own outer body, a reflection of our own inner world. Before anything at all can manifest in the outer, physical world, it must first manifest within the inner, non-physical worlds.

As multi-dimensional, or more accurately multi-density, multi-vibrational Beings all ailments originate from within, specifically due to Energy imbalances of the inner bodies.

"Modern" medicine still largely fails to realise these important truths, and therefore fails to understand that all surgery, medicines and other medical procedures are doing is to mask the symptoms without ever healing the actual cause.

Of course there are various healing methods such as Pranic healing, Reiki and Acupuncture that are Energy based - the very reason they are often so successful.

One of the simplest forms of healing is by Visualisation. By visualising anything in the form we believe to be ideal, we influence its Energy in the same direction. So if we visualise ourselves, a specific aspect of ourselves, or another person as radiating health, then that must, sooner or later, become the reality.

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As with many situations where we consciously utilise the power of the Mind, excellent times are just prior to sleep at night, and just after waking in the morning, particularly early morning. During these time we are most closely in communication with our Subconscious Mind, and it is the Subconscious Mind that in turn influences Energy and the Universe, the Superconscious Mind to bring about the desired effects whether it be healing, manifestation or anything else.

For a simple but potentially effective healing process, proceed as follows:

Just before sleep at night relax as deeply as possible, clear your Mind of all thoughts, and begin to visualize the object of the healing. This might be yourself, another person, or an aspect of yourself or another person who is in need of this healing.

As you drift off to sleep visualise the object of the healing to be surrounded by a sphere of radiant, glowing, white light. Now imagine, visualise and know, beyond any doubt, the object of the healing to be in perfect, vibrant health. The more knowing, emotion and gratitude you can feel, the more powerful the healing will be.

Never for a moment doubt that the person or aspect of the person to be healed is in anything but perfect, vibrant health, and always in the present tense, i.e. is in perfect health, never "will be" in perfect health.

Continue with this visualisation, knowing and feelings as you drift off to sleep. Continue every day for as long as is necessary to bring about the desired result - i.e. a full healing.

## **24 September 2006 – Healing**

This is a simple and convenient healing method. My book, *Our Ultimate Reality* includes three chapters on every aspect of Healing, detailing the principles and most effective methods.

**1 October 2006**

**More on 2012**

2012 is rapidly becoming a very prominent and of course, due to its close proximity, important subject in the consciousness of many.

Most people will have heard about 2012, mostly in the context of it coinciding with the "end of the Mayan calendar", but few realise that this is just one, albeit important aspect of the entire 2012 scenario.

There is a truly large and increasing corpus of evidence to suggest that 2012 could be an extremely important and pivotal year for all mankind, after which nothing will ever be quite the same again.

Many people believe this to be some sort of doomsday scenario when in fact the opposite seems to be the most likely outcome. The only unknown is precisely in what form these events will unfold, and what are the real implications for all mankind?

Equally we cannot say with all certainty that anything will happen at all when we reach that pivotal 21 December 2012 date. All we can do at this stage is to evaluate all of the known factors and extrapolate them to potential future events based upon what we know.

Whether 2012 unfolds in accordance with these possibilities, prophecies and predictions or not one thing is absolutely certain, we absolutely must be prepared for it in every possible way.

If 21 December 2012 proceeds according to the current most likely scenarios, then the state of Being of each and

## **1 October 2006 – More on 2012**

every individual existing at the time could well have a profound effect of the situation of that person during and after the event.

**1 October 2006**

**Cancelling Winter ailments**

And now on to the main topic for this week - cancelling those winter bugs before they bite.

Of course this does not only apply to winter bugs, but indeed absolutely any disease that might be contracted anywhere at any time.

We all attract out own reality with the thoughts we hold in our Mind.

These thoughts can be long-term thoughts that can have a long-term effect, or more transient thoughts that will have a shorter-term effect - but have an effect they will have though - you can be absolutely sure of that.

Every single thought, however seemingly small or insignificant, influences the conscious, intelligent, vibrating Divine Energy of which we are part, and will have its corresponding effect.

In addition, thoughts, especially those that are repeated, will be impressed upon the Subconscious Mind, which will in turn accept those thoughts, without question, and act upon the super-conscious Mind, the Universe, to bring them into reality.

This applies whether your wishes in the form of your thoughts were positive or negative. Your Subconscious Mind is sublime, and therefore accepts every thought as a wish, whether it is positive or negative as far as you are concerned.

## **1 October 2006 – Cancelling Winter ailments**

For this reason it is crucial that we only allow those thoughts that are consistent with our ongoing wishes into our Mind and conscious awareness.

As we have discussed many times before - whatever you are experiencing in your life right now is the direct result of your previous and ongoing thoughts. There are no exceptions to this whatsoever - change your Mind and you will change your life.

So what does this mean in the context of seasonal ailments?

It means quite simply that we attract those seasonal ailments to us by our thoughts, expectations and influence of those around us.

It very often starts when for example a child returns from school, or a partner returns from "work" with a snuffle, or is sneezing or generally feeling unwell.

This person will affirm to themselves "I have caught a cold" or "I must be catching the flue", or "I am going down with something".

These alone are very powerful statements or thoughts which both the Subconscious Mind and the Universe will happily accept as a wish, and bring that wish into the experiential reality of the person. So becoming ill for a few days becomes their experience.

This also potentially affects other family members, friends and others close as well. When they see the afflicted person make "ill statements" and act in an "ill way" there is an immediate thought that proceeds along the lines - "now I will catch that cold", or "he/she is spreading their germs

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around", or "I am bound to catch that bug now and it will go through the family".

These thoughts become wishes to the Subconscious Mind, and very soon after physical experience in the form of illness – all self-inflicted.

So what is the appropriate course of action?

The appropriate course of action is to deny the thought that results in the illness manifesting.

When you see a person who has brought an affliction upon themselves, immediately affirm to yourself how well you feel today. Then take a few moments to savour your wellness, feel the emotion for your wellness, and above all give thanks to the Universe for your wellness.

Never, at any time, think, for even a moment in terms of "not catching" a disease. As far as your Subconscious Mind is concerned and the Universe, if you think "illness", or "cold", or "flu", whether it is catching it or not catching it then that is what you will attract, because they are the evocative words.

What we wish to attract is perfect health at all times.

So during these times, whenever you get a moment, feel how well you are, feel the emotions associated with your wellness, and feel the gratitude for your wellness.

If a contrary thought ever enters your Mind immediately dismiss by thinking or saying, "cancel, cancel, cancel" until the thought leaves your Mind completely, and then guide your thoughts to your well-being, feeling the gratitude and emotion for feeling so well.

## **1 October 2006 – Cancelling Winter ailments**

In this way you will remain healthy, and no "bug" influence your health.

Until next week, I would like to leave you with this verse by Henry Van Dyke that many of you have seen here before, but the many thousands of people new to this newsletter have not.

I hold it true that thoughts are things -  
They're endowed with bodies and breath and wings -  
And that we send them forth to fill  
The world with good results, or ill.  
That which we call our secret thought  
Speeds forth to earth's remotest spot,  
Leaving its blessings or its woes  
Like tracks behind it as it goes.  
We build our future thought by thought,  
For good or ill, yet know it not.  
Yet, so the universe was wrought.  
Thought is another name for fate -  
Choose, then, thy destiny and wait,  
For love brings love and hate brings hate

Henry Van Dyke

**8 October 2006**  
**Lessons from Nature**

Welcome to your newsletter. I do hope you have enjoyed your week, have attracted all of your wishes and remained in perfect health.

Here we are very much enjoying the Autumn weather, known as "fall" to our friends in the USA. It truly is a beautiful time of the year where nature can be observed preparing for the leaner months ahead.

Observing nature demonstrates to us a true meaning of perfection - each life form from the smallest single celled organism to the largest creatures, only ever taking from the storehouse of nature that required for survival and the ongoing path of each unique Being of the Universe. Every Being has a unique but yet equal path, with only one final destination - The Source - God - Our Prime Creator.

Humans can learn a great deal by observing the immutable and perfect processes of nature, and of the creatures living therein instead of often seeking to destroy them for selfish purposes.

Many people have contacted me after last week's newsletter about the use of medicines for winter ailments. e.g. is it alright to take paracetamol or other proprietary pharmaceutical remedies?

The answer, from a pure healing point of view is quite simply no.

The moment you take medicine is the moment you are accepting the ailment and placing it in the hands of a

## **8 October 2006 – Lessons from Nature**

chemical substance rather than trusting in your own unlimited powers of healing and health.

Accepting the ailment gives the ailment permission to further invade your body, which is precisely what will happen.

So any ailment must be denied. This includes only knowing, beyond all doubts your Divine perfect state of health, and if you see another person suffering, or feel that you might "contract" a bug, it is crucial to affirm and know only your own vibrant health, knowing, beyond any doubt, that no disease can possibly enter your body without your permission as determined by your thoughts, emotions and will of the Mind.

Think of diseases as a form of "possession" which in fact they are. There is no real difference between possession by a flu virus to possession by an non-physical entity, but both can be denied.

All a medicine or any physical health measure can possibly do is to mask the symptoms - it can never effect a true cure.

So throw away those "cold and flu remedies" and place your health in what matters the most - the power of your own Mind, thoughts and Spiritual well-being.

**8 October 2006**  
**The Enigma of "time"**

For our main topic this week I would like to take a look at the paradox we know as "time".

What exactly is "time"?

This in fact is a very important question, because "time" is one of the physical factors that rules the lives of most people.

Time, in reality, is nothing more than a human construction created for convenience. Mankind, certainly for several thousands of years, has felt the need to reference life by fixed intervals which has been largely based upon the movements of the Earth relative to the Sun and Moon. Of course, to that extent these measurements work well enough, and have been utilised by many cultures around the world for millennia.

For all that however "time", like many other things, is a human construct, and one which, although seemingly convenient, has held mankind back considerably, by causing people to live within a perceived "past" or feared "future" without any regards for what really matters - the present moment of Now.

In reality space and time, the space-time continuum, is an illusion. Such is the importance of this truth that I dedicate an entire chapter in my book, *Our Ultimate Reality*, to the importance of "The Eternal Now". Here is the opening paragraph:

"Time" is an illusion, a purely human construct of mankind, designed for convenience in order to measure a

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perceived "past", "present" and "future". The illusion of "time" on Earth is maintained by means of a scientific measurement of the relative positions of the Earth and the Sun in the physical three dimensional Universe in order to observe the seasons and the time the Earth takes for a complete rotation relative to the Sun in the measurement of ongoing "time", in turn measured by various physical instruments such as clocks, calendars and charts.

Beyond the perceptions of most of those in the physical world, "time" simply does not exist. There is only Now, the Eternal Now where everything that has happened, is happening and ever will happen relative to the Earth concept of time already exists, always has existed and always will exist. Beyond Earth therefore the concepts of "past, present and future" simply do not and cannot exist."

"Time" like material things binds people to the physical world becoming a slave to it. Wearing a watch, having clocks in every room, on the mobile phone and countless other places are constant reminders of the influence of "time".

In order to be truly happy and free and to truly progress Spiritually, it is absolutely crucial to recognise and treat "time" for what it really is - a convenience and common point of reference with other people on Earth. So time is a mutual point of reference.

There is nothing intrinsically wrong with the concept of time, and of course it does facilitate organisation. Where time becomes damaging is when it reaches a point when it is allowed to govern everyday life, and in particular over-emphasis is placed upon it.

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Each glance at the watch or clock only serves to re-affirm the power time has over the observer, hiding the fact that glance is tying the observer further to the material world.

This is all very well you might say but everyone else uses "time". I have to be here, there or do something "on time".

This is true due to the way humanity has chosen to emphasise and construct society around "time", and while here the need to live within that enforced framework the best we can.

However - what we all can and must do is to place "time" in its proper perspective.

"Time" as a point of reference with other humans on a day to day basis is fine - providing always it is kept into complete context - i.e. it is a concept invented by humans for convenience only.

What we must not do is to allow "time" and all of the many instruments of "time" to rule individual lives and therefore destiny, thereby holding back the "time" watcher on the great path.

We must never live in the "past", recalling and reliving "past" events and allowing them to rule our "Now". Past events are transient - they are Energy which if allowed to, and should be allowed to - will simply dissipate back into the Universe, but also being stored as a "record" that one day you will be able to review when appropriate to do so.

Experience is never lost - we are here to "experience", learn and evolve. But experiences are to be assimilated into our Being, not to be dwelt upon to rule our lives based upon this notional "past" event. An experience, of any sort

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occurs in the Now, is assimilated in the Now, and stored in the Universe in the Now.

Once experienced, assimilated and stored we move on to the next learning experience.

Everything we do must be in the "Now". There is no "past" there is no "future", there is no "time".

If we observe the perfection of nature that I mentioned at the start of this newsletter, we see that nature, although influenced by the seasons, day, night, weather etc. does not include clocks, watches and other instruments of "time". Nature operates immutably in the present moment of Now, and as a result we observe perfection.

Time not only binds people to the material world, it also brings misery by dwelling on past events or an imaginary future.

We all create our reality Now.

So how can we start to put time into its proper perspective?

There are several practical steps we can take. The first and most important is to always live for Now. Rather than look to some sort of external influence or the approval of others, or by reference to some instrument of "time", live in the present moment of Now.

Follow your inner-guidance - it is sublime, immutable and never failing.

Meditation is excellent for appreciating these important truths.

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When we meditate, clear our Mind and exit the illusion of the physical world, we only experience Now, and we quickly realise how real that is. We remain in no doubt about the power and truth of Now.

On a practical level remove your watch and take down as many clocks and instruments of time as possible. Yes - I realise that "events" happen according to the "time" on the "clock", but once you remove your dependency on physical instruments of "time", you will find that your Mind will keep you informed of necessary "events".

To demonstrate this you can even switch off your alarm clock. Your Subconscious Mind understands "time", so before drifting off to sleep at night, clearly state to your Subconscious Mind that you wish to wake up at a particular time - and you will find that it happens.

Indeed, many of you might already have found that you awake in the morning at the same "time", a few seconds before your alarm clock makes its usual loud noise. This is your Subconscious Mind, but it has not "looked" at your alarm clock, it knows what to do in the present moment of Now when you wish to awake.

So these are just a few practical steps to remove dependence on "time".

Above all always keep in Mind - there is only ever Now, and it is only in the Now that you can create your reality and your destiny - never in the "past" or "future".

**15 October 2006**  
**Oneness**

Although they might at first seem unrelated, many of the messages received have a similar answer, and that is "one-ness" - the realisation that there is no separation in the Universe - everything is indeed One.

This is very important at many levels. In order to do Telekinesis it is very important to understand, know and experience being "one" with the object being influenced. As long as the object is perceived as being "separate" in any way it quite simply cannot be influenced.

The same applies to psychic powers generally all of which take place between different aspects of ourselves rather than between "different" people.

I have received many emails from people asking why humans treat animals in the way they do, particularly when being used for food.

There are of course many reasons for this as discussed in previous newsletters, but one of the most fundamental reasons is that humans perceive animals as being separate in some way, only existing for the pleasure of humans, often in the form of food.

But these are just a few examples. If we take a close look at much of what is imperfect in the world today, it becomes readily apparent that the illusion of "separateness" is a major factor.

The greatest truth of all is that we are all One. The Universe, the Mind of "God", is an infinite field of Conscious, Intelligent,

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Vibrating Energy. Everything within the Universe, including humans, exists as unique Energy fields within "God", the Great Energy Field, each with its own unique characteristics and Vibration.

When passing on to the non-physical worlds after the process erroneously known as "death", these important truths become much more immediately apparent in a way that is inescapable, and accordingly life in the Astral worlds, "the afterlife" is much more harmonious, because everyone is faced with the same inescapable reality.

The physical world however is the world of the 5 physical senses, and it is these that most people seek to gratify, and in so doing cause much of the unhappiness in the world today, believing that they are affecting "other" people, "other" animals and "other" things with their actions, not realising that they equally affect themselves.

There is no "other", there is only All that Is, and we are all aspects of All that Is. Whatever a person does to "another", he really does to himself, resulting in all kinds of disturbances in the Vibration and therefore life of the person concerned. This is "Karma", an aspect of the Universal Law of Cause and Effect.

Karma, Cause and Effect is a major instrument of learning in the physical world. Once an undesirable "effect" is associated with its corresponding "cause", valuable lessons can be learned.

Nothing in the Universe ever happens by "chance", "luck", "fortune" etc. - every event is the direct result of a preceding event.

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As mankind has continued its ever accelerating slide into materialism, more and more is blamed on physical factors, on "others", and in particular "luck", "chance" and "fortune", rarely blaming the true cause - himself.

Many ancient cultures had a profound understanding of the meaning of "oneness".

The ancient Maya were a truly remarkable race of people who, even after two thousand years have never been surpassed for their astronomical, astrological and cosmological abilities and knowledge. Although many people associate the Maya with their "calendar", they also had a profound understanding of the Universe at all levels, in particular how cosmological, astrological and galactic events profoundly influenced everything on Earth.

One of the main instruments created by the Maya is "The Tzolkin", which, much more than simply a calendar, charts the flow of events based upon the influence of the cosmos upon Energy, and does so to multiple levels from a Universal perspective to the individual perspective. Thus the Tzolkin could be consulted for everything.

Much more could be said of the Maya and their legacy, but suffice it to say for now it has never been surpassed.

The Maya had a profound understanding of "Oneness", one of the reasons for the apparent harmony of their culture and in particular their achievements. It is no surprise therefore that they practiced "oneness" continually at all levels of their advanced society.

This was demonstrated at even the most fundamental level by means of the way the Maya greeted each other with the words -

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"In Lak 'ech" which literally means, "I am another yourself".

It was this recognition of oneness, not only by the Maya but also by many other ancient cultures, that contributed to their great, and as yet unsurpassed achievements, which might never be surpassed.

Living as one with the Universe, in the present moment of Now is an very powerful experience, because the illusions of space, time and separateness are being stripped away, leaving a much truer reality.

Of the many possible outcomes of the 2012 event, the stripping away of time and space to reveal true reality is believed to be one of the most likely. This being the case it will indeed be a great event, but one where each and every person needs to be prepared.

One of the best ways to experience One-ness and Now-ness is through meditation. Once the spaceless, timeless, oneness is experienced in meditation, it can be translated to everyday life to great benefit.

Anyone can begin to appreciate "One-ness" and "Now-ness" through meditation, a practice that brings with it many other benefits, even profound benefits as the practice progresses, and these are matters that I will expand upon in future newsletters.

In the meantime by living only in the present moment of "Now", and in recognising, feeling and appreciating the Oneness of All that Is, we can becoming expansive channels of creation that can enhance our lives dramatically, as well as providing the basis of the true path

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back to our Divine Creator - to who we are all destined to  
return in perfection - such is the true meaning of Life.

**22 October 2006**

**Energy**

In view of The Crystal Necklace, I thought it appropriate this week to take a closer look at "Energy", and how it is vital each and every one of us.

All life is sustained by means of "Vital Energy", the "Life Force" pervading the entire Universe in all dimensions or planes of life and reality. This unseen Energy, an Energy that has not yet been formally identified or measured by the three dimensional world of science, has many names according to the various cultures, traditions, practitioners, healers, and esoteric orders who are aware of and make use of its presence. Such names for Vital Energy include "Prana", "Chi", "Ki", "Psi", "Ruah", "Breath of Life", "Bioplasma", "Manna", "Life Force", "Orgone", "Odic Force", "The Force" and often, and most appropriately, simply "Vital Energy".

In fact Vital Energy with all of its names is still fundamentally the Universal Energy from which all things are made and are integral aspects - the Energy of The Source, The First Cause, of God. Vital Energy is not therefore a different type of Energy, but rather another name for it.

As so many people involved with healing refer to this influence of Energy as "Vital Energy" we will hitherto refer to this life force as "Vital Energy" being a most appropriate and accurate description of the nature of this force in all of its names in the context in which it is applied.

So Vital Energy is still the very same Energy that pervades the entire Universe from which all things originate, but in this

context can also be regarded as a "Spiritual substance", the food of all life in all spheres of the Universe.

In the inner spheres, the Astral and Spirit worlds, all life is sustained by the "breathing" and "absorption" of Vital Energy as part of an entirely natural process performed Subconsciously, much as humans and other forms of physical life breathe air. In fact all earth life, including humans "breathe" in Vital Energy through the mouth as part of the normal respiratory process, and also, although Subconsciously and usually without awareness, through the pores of the skin. Although this is an entirely natural, automatic and unconscious process, it is nevertheless absolutely "vital" for the sustenance of all life, without which, life, including human life simply could not exist being an aspect of the same Universal Energy from which all life originated and is sustained from The Source, The First Cause, God.

Vital Energy has many powerful and sometimes wonderful characteristics when applied in the direction of healing. A particularly important branch of "alternative medicine" is known as "Pranic Healing" which is well-known in eastern countries, and is now becoming increasingly practiced around the world as its healing powers are more widely recognised.

As we have already mentioned, the human body, being comprised of pure Energy, is also dependant on Vital Energy in order to maintain it, and this also applies to the subtle Etheric, Astral and Mental bodies. When a person becomes ill, although the illness usually manifests as a physical problem, for example as headaches, lethargy, pains and many other such symptoms, the origin of these ailments is very often not within the physical body itself

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but rather within the "Energy Body", often known as the "Etheric Body".

Such ailments can be caused by a wide variety of situations as we will discuss later in this book, many of which can respond, often dramatically to Pranic Healing.

The process of Pranic Healing in all of its variations involves the accumulation of Vital Energy by a Pranic Healing practitioner, who then directs that accumulated Energy towards the location within the Energy Body of the ailment of the patient. The Energy Body has several main "centres" which are vitally important. These centres are mystically known as "Chakras" in eastern terminology.

There are seven main Chakras, each of which has a very specific purpose, and all of which are connected to the wider and vastly complex energetic systems of the subtle Energy Body. Bioplasmic disturbances in any part of the Energy Body and in particular a Chakra or other Energy centre, will usually manifest as a physically observable illness. Of course, and quite understandably, doctors will attempt to treat these illnesses by physical means by the use of medicines, surgery, therapy and so on, but in fact the only real and enduring cure is entirely non-physical in nature, being firmly rooted in the Energy Body of the patient. In these cases, no amount of medicines or surgery will bring about a cure.

We will discuss Pranic Healing in more detail later in this book.

Another "alternative", well-known and often highly effective form of treatment is Acupuncture. This is an ancient but increasingly popular Chinese procedure whereby sharp, very fine needles are inserted at critical

points of the physical body, but which points actually correspond to important Energy points within the Energy Body. The needles are not therefore affecting physical nerves as some doctors might suppose, but are rather acting upon the balance and flow of Vital Energy within the invisible Energy Body, thereby bringing about relief or often a complete cure.

Acupuncture is a highly skilled profession whereby a detailed knowledge of the Energy Body, its balancing points or "meridians", and of Vital Energy itself, known as "Chi" in China, is required.

Acupuncture also makes use of the principle of polarity, where Energy points can be subject to opposite poles of balance known as "Yin", the negative polarity, and "Yang", the positive polarity.

Another well-known and extremely popular exercise in Chinese cultures involving Chi, pronounced "chee", is known as "Tai Chi".

Tai Chi exercises balance the flow of Vital Energy around the body, thereby facilitating a better state of health and well-being.

Yet another form of healing making use of Vital Energy is known as "Reiki" - a Japanese word meaning quite literally "Universal life-force" - "Rei" meaning Universal and "Ki" meaning "life force".

Reiki, like most forms of Energy based healing, can either take place with the patient in the same physical room as the Reiki practitioner, or at any distance. Distance is most certainly no barrier to any form of healing making use of Vital Energy, as it fully conforms to the Universal laws as

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previously discussed, and accordingly neither time or space are relevant to, or form any sort of barrier to the use of Vital Energy for healing.

Vital Energy is also the force behind many esoteric and psychic abilities. These abilities are not functions of Vital Energy in and of themselves, they rather conform to the Universal laws relevant to the plane upon which they manifest as Energy vibrating in harmony at that level. Vital Energy is literally the Energy or driving force that adds "potency" and therefore effectiveness to the operation involving Universal Energy.

Generally speaking, the more Energy behind an energetic operation, the more instantly effective it is likely to be, although always in complete accordance with the Universal laws, principles and planes relevant to the operation, as well as the abilities and experience of the practitioner.

Energy is not only the basis for Everything that is, it is Everything that Is. As humans we are individuated Energy fields within the great Energy field of God.

By learning what Energy is, how it works and above all how to control Energy using the Mind, absolutely anything and everything becomes possible - there is truly nothing you cannot be, do or have.

## **29 October 2006 Astral Projection**

I receive hundreds of emails each day on a wide variety of subjects, all of which are very welcome indeed.

One subject in particular crops up almost every day - Astral Projection and Out of Body Experiences, and more specifically how to actually achieve them most easily, effectively and reliably.

This week therefore I thought it would be a good time to address some of the most frequently occurring questions.

Question: What substances can I use in order to guarantee genuine Out of Body Experiences without any risks?

Other people point out that some of these substances have been used for many thousands of years by ancient cultures around the world to induce altered states, Out of Body Experiences etc..

Answer: There are no substances at all that fall into this category for most people. Many have heard of plant, or fungi based substances such as Salvia Divinorum, Peyote, Ayhuasca, as well as manufactured preparations and "Astral Projection pills" and potions, the names of which I will not mention, and ask whether it will work for them.

The truth is that absolutely no substance can guarantee a genuine, useful Out of Body Experience, and most of them can be dangerous.

Most of these substances are hallucinogenic, and which, although producing vivid experiences are not genuinely Astral or Out of Body Experiences. Most of these

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substances will result in a "trip" through the personal psyche, with imagery and other experiences simply being a result of deeply rooted feelings, and often fears.

These feelings, fears and past experiences can be brought to the surface during these "trips" resulting in what could seem to be an ecstatic experience, or sometimes even a terrifying experience.

Almost never do these substances result in a genuine Out of Body Experience for casual users or experimenters.

It is true that the "shamans" of ancient cultures such as the Mesoamerican and north American natives among others, frequently use these substances during their ceremonies and for other shamanic purposes, but at the same time they have been doing this for thousands of years and have the use of these substances refined to a very high degree, knowing exactly what they can expect.

There is no doubt that these cultures make use of these substances very effectively for a wide range of purposes, but the average person cannot expect to do the same with casual, experimental, inexperienced use.

Much more can be said, but the short answer is these substances will not reliably produce genuine experiences and can be very dangerous in inexperienced hands.

Question: Do I really need to do "energy work", and all of these mystical practices that some of the well known Astral Projection books say we must do for success?

Answer: No - absolutely not. Such methods can work for some people, but do require very considerable dedication and practice. The main reason for this is that this type of

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Out of Body Experience is being carried out from a fully waking state when the Etheric and Astral bodies, the vehicles of projection, are firmly bound to the physical body. Loosening the Etheric and Astral bodies from a fully waking state is therefore far from easy. Unfortunately these methods can and do cause people to give up in frustration, thereby potentially missing out on an extremely valuable experiences.

Question: Do I need to meditate to experience Astral Projection?

Answer: Although meditation is a most valuable practice, and one that I would strongly recommend to anyone, it is not necessary in order to enjoy Astral Projection or Out of Body Experiences.

It is true that experienced meditators sometimes leave their body during meditation, or find their consciousness projected into the Astral or even Spiritual realms, this often being an objective, but this certainly cannot be relied on as an ongoing reliable method.

That said the dedicated practice of meditation brings with it several abilities that will help in the practice of Astral Projection and Out of Body Experiences such as deep physical relaxation, concentration and clearing the Mind of thoughts.

Meditation is therefore a valuable practice in and of itself.

Question: What is the difference between Astral Projection and an Out of Body Experience?

Answer: An Out of Body Experience is usually considered to be a projection into the Energy level closest to the

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physical world, so close in fact that it actually appear to be the physical world.

During an Out of Body experience the projector will typically project into his nearby surroundings - often a bedroom, and observe those surroundings as well as their physical body. This physical-like environment is often erroneously referred to as "the real-time zone".

In fact what is being observed and experienced is not the physical world as such, but rather a very close "reflection" of it at a much higher rate of vibration. This usually becomes apparent when anomalies occur such as furniture in the wrong place, objects appearing that do not usually belong in the room, all of which can be further confused by "vision" being spherical through a full 360 degrees in all directions, as opposed to the forward vision of the physical eyes.

That said, surroundings experienced are no in any way "dream-like", vision, or more accurately perception during an Out of Body Experience or Astral Projection is more "real" than the "normal" vision of the physical eyes. This is because the Mind is directly perceiving and interpreting pure Energy rather than processed physical light.

The Astral worlds and beyond are so bright, vivid and "real" that to a person visiting from the Astral or inner worlds the physical world seems extremely dull, dreary and murky - somewhat like walking through a smog.

The OBE condition is almost identical to that experienced during physical death, with the exception of course of being able to return to the physical body at will. From this point of view it is most valuable in that anyone experiencing being Out of Body will never again fear death - knowing it

## **29 October 2006 – Astral Projection**

for what it really is, an illusion and an instrument of fear, especially by some orthodox religions.

Astral Projection is a projection of consciousness to the Astral Worlds or "planes" as they are often known. This is also known as "the afterlife" as it is where people transition to after the "death" of the physical body.

It is here, in the Astral Worlds, that we can meet "deceased" relatives and generally observe and participate in where people go after physical "death".

Astral Projectors note that the Astral Worlds, "the afterlife", is more "solid", "vivid" and "real" than the physical world, which is then seen as the illusion it really is. As with Out of Body Experiences, Astral Projection is a life-changing and most valuable ability and experience that everyone without exception should learn.

Question: If I leave my physical body, isn't there a risk of not being able to return, or worse, another being taking over my body while I am "away"?

Answer: No - there is absolutely no danger of this at all. Out of Body Experiences and Astral Projection are a projection of consciousness away from the physical body to a different Energy level of vibration. There is never a time that the physical body is left unprotected. While "away" the Astral matrix, sometimes perceived as the "silver cord" is still connected to the physical body which means no other being can enter it. We occupy all of our infinite number of "bodies" at all times, including the physical body while focussed in the physical world, our actual experience being determined by where our consciousness is projected to.

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During normal waking our consciousness is firmly focussed within the physical body so we can function in the physical world, but while the body sleeps consciousness leaves the physical body to become focussed inwards towards the Astral worlds.

Question: When is the best time to project?

Answer: The very best time to project is around normal sleeping hours.

The reason for this is that everyone, without exception, projects from their physical body during sleep, an event characterised by rapid eye movements, or "REM". It is during this state that normal dreams also begin.

The reason most people do not actually experience the projection is because the state in this case is "Mind asleep, body asleep" - i.e. the Mind is unconscious.

In order to consciously experience an Out of Body Experience the required state is "Mind wake, body asleep", and this should therefore be the objective.

There are three main opportunities for achieving this:

1. Allow the body to drift off to sleep while keeping the Mind awake.
2. Programming the Subconscious Mind to waken the conscious Mind soon after projection has taken place.
3. To wake up 3 hours or so earlier than usual so the body is still asleep or in a state of very deep physical relaxation.

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This can be accomplished by either programming the Subconscious Mind, or by using an alarm clock.

There are many other variants of this method, but the vast majority of Out of Body Experiences and Astral projection takes place around these times.

Night time is also the most convenient time for Astral projection - not requiring to put time aside during the day. In addition, because the physical body is still asleep and therefore rested during Astral Projection and Out of Body Experiences, we still awake refreshed, notwithstanding the Out of Body excursions enjoyed while the physical body sleeps.

Astral Projection and Out of Body Experiences are natural abilities that do not require difficult mystical practices or substances to achieve, especially when making use of natural sleep time methods.

In summary both Astral Projection and Out of Body Experiences are extremely valuable abilities that everyone should and can learn with the right knowledge, motivation and dedication.

**5 November 2006**  
**Lucid Dreaming**

Although I receive numerous messages on the subject of Astral Projection and Out of Body Experiences, I am also receiving increasingly more on the subject of Lucid Dreaming.

For those not yet able to accomplish Astral projection or Out of Body Experiences, Lucid Dreaming is an excellent alternative, and one that often leads to full Astral Projection or Out of Body Experiences. In fact it is very possible to use Lucid Dreaming as a launching point for projection and many other abilities.

So what is Lucid Dreaming?

During sleep many people dream to one extent or another. Most dreams however can be "fuzzy", vague, disjointed experiences where the dreamer appears to be a passive observer.

Lucid Dreaming however is very different in that the dream not only seems very vivid, often to the point of seeming real, but more particularly because rather than being a passive observer you can actually become an integral part of the dream and take control of it.

During Lucid Dreaming the Astral and Mental bodies have already separated from the physical body as always happens during sleep.

With this realisation it becomes possible to convert the Lucid Dream into an Astral or Etheric projection - i.e. and Out of Body Experience.

## **5 November 2006 – Lucid Dreaming**

Many people having experiences either Lucid Dreaming or an Out of Body Experience from a Lucid Dream go on to find producing Astral Projection and Out of Body Experiences much more easily in future.

So how do we set about Lucid Dreaming?

The first habit to get into, and this is an extremely useful habit for many, many purposes, some of which we will be discussing in future newsletters, is to keep a notepad and pen or pencil by your bed at all times, and the moment you wake up writing down your dreams, or anything at all that comes into your Mind.

So the moment you awake in the morning, before doing anything else at all, write down in your notepad everything you remember in as much details as possible.

This practice alone will almost always result in more vivid, memorable dreams, as well as receiving valuable messages from your Subconscious Mind and/or Higher-Self.

So lets start using the notepad, your Dream Journal. The moment you awake reach for your notepad and write down everything you can remember about your dreams that night. To start with your memories may be vague, but it doesn't matter - write them down anyway. You will find this practice alone will result in increasingly memorable dreams until soon you remember entire dreams or several dreams.

Again, this is a most valuable habit at many levels.

So how can we increase the chances of experiencing a Lucid dream?

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Fortunately there is a very powerful method that will work for most people providing the motivation and perseverance is there. This method has a high chance of success providing it is taken seriously.

I would like to point out first however that motivation is a very important factor. You must be totally motivated to succeed with Lucid Dreaming, or indeed any inner ability, in order that you can impress your intentions and desires upon the Subconscious Mind.

Here then is the method:

1. Set an alarm clock to awaken you after 6 hours sleep. This method tends to work the best between around 03:00 and 05:00, so if necessary go to bed earlier than usual.
2. Ensure you have your Dream Journal and writing instrument where you can easily reach it.
3. As you drift off to sleep repeat the affirmation "I always experience vivid Lucid Dreams and remember them in great detail".

Or you can construct your own affirmation to that effect.

4. As soon as your alarm clock awakens you, get straight out of bed and do something such as read a book for at least 30 minutes but no longer than 60 minutes - you might need to experiment with the time.
5. Go back to bed, lie on your back, and endeavour to stay awake. The best way to do this is by visualisation. Visualise a favourite place or scenario and imagine you are in that place or scenario and participating in it. Make it as

## **5 November 2006 – Lucid Dreaming**

real as possible. The objective is to remain awake for as long as you possibly can.

You will find that at first you might experience hypnagogic imagery, and you may well start to even clairvoyantly view the Astral. Resist the temptation to sleep for as long as possible.

Eventually you will drift off to sleep and the chances are you will experience a Lucid Dream or even several soon afterwards. When you find yourself in this state you can take control and create any scenario you desire for yourself. You will find yourself in a world where you can create anything you wish for instantly.

You can even change your scenery and scenario. In a Lucid Dream if you wish to do something different simply create a large television set and remote controller. Then keep changing the channels until you find one that you like and jump straight into it.

When you awake in the morning, immediately write down everything you can remember about your dreams. Do not miss this step - it is very important.

Lucid Dreams seem so real, because they are real. They are also extremely valuable, because so many other abilities can arise from it.

**12 November 2006**

**Life after Life**

I receive many messages from people who have recently lost a loved one, are practicing psychic or clairvoyant powers or Out of Body Experiences, or who are simply curious about the process known as "death" and what lies beyond.

Many people are afraid of "death" simply because they are either afraid of the unknown or often have been affected by a religious doctrine such as the concept of "heaven" and "hell". Others are afraid of the scientific notion that death is the end, "oblivion".

It often comes as a great surprise therefore to discover, having departed the mortal, physical body, they are as "alive" as ever – in fact much more so.

The full process of the change and transition known as "death" is discussed in Our Ultimate Reality. Understanding this process can have a profound effect on how it is actually experienced.

Usually however, after spending some time close to the physical world, the person will make the transition to the Astral worlds - often known as "the afterlife".

There are numerous Energy levels of the Astral, often known as "planes", "realms" or "spheres". The precise sphere in which a person will find themselves will depend entirely upon their Vibration, which will in turn depend on their individual level of Spiritual evolution and beliefs.

This is one reason why it is so important to understand these realities while still in a physical body, and above all

## **12 November 2006 – Life after Life**

to live life accordingly. For example, those who are very religious might well find themselves transitioning to a lower aspect of the Astral worlds known as the "belief system territories".

Most decent people having completed their most recent life in the physical world will soon transition to the mid levels of the Astral worlds or "planes" as they are often known. The Astral worlds at these levels are clean, pure, well organised, extremely harmonious and peaceful - the perfect place of rest in fact after the trials and tribulations of a physical life in the Earthly world of matter.

Lakes, rivers, forests, parks and numerous other delightful, peaceful and restful environments are all available for the enjoyment of mid-Astral residents.

The mid-Astral worlds are very similar indeed in many respects to the most pleasant aspects of the physical world having been created by people in accordance with their perceptions of what the ideal world should look like based upon experiences in the physical world. The people of the Astral worlds have therefore re-created the physical world within the Energy levels of the mid-Astral spheres of life and reality by imagining and focussing what they believe it should look like.

People at this stage of development are still very much focussed on materialism, and therefore see an ideal world consisting of the same material things they are comfortable with, desire and above all often never could experience in the physical world. In the mid-Astral everyone can have anything they desire, and hence this level of the Universe is often known as the "desire worlds".

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This is a perfect situation because those arriving to the Astral worlds having passed on from the physical world will find an environment that matches their expectations perfectly. If this were not the case the shock of arriving in the true Spiritual worlds, even with all their glories would be far too great.

The Universe ensures that everyone arrives in the most appropriate level of the Universe in accordance with their vibration, which is in turn a perfect match with the vibration of the level of the Universe, in this case the mid-Astral worlds in which they will live until sooner or later making the transition to a inner level, or very often re-incarnating on Earth for another physical life.

Within the mid-levels of the Astral worlds are numerous realms consisting of all cultures from the past, present and future of Earth, therefore irrespective of which country, culture or tradition a person experienced on Earth, there will always be a corresponding environment awaiting in the Astral worlds. No person is left isolated after passing on to these Astral worlds with like always attracting like. There is a place for everyone without exception.

There are people who even erroneously believe the Astral worlds are "home" such is the similarity to the material world. In fact the Astral worlds, like the physical world, is only a temporary transitional home on the way to our true home, the Mental planes in all of their levels, the true worlds of Spirit. The true Spirit worlds are more glorious than anything the physical or Astral worlds can ever be, but can only be attained after the density of the material desires of the Earth and the Astral worlds have been completely satiated and seen for the illusions they truly are.

## **12 November 2006 – Life after Life**

Although newly arrived Astral residents usually find themselves in very familiar surroundings at first of the type they were used to on Earth, they are still free to explore the vast and limitless worlds and realms existing at these levels and sub-planes providing they are still broadly within the their own vibrational plane of existence, and density of the Astral body. These areas might consist of vast metropolitan like areas, towns, villages or simply very small communities, all separated by wider spaces but still containing areas of interest.

Initially the sheer vastness and limitless array of realms, environments and variety of beings living there can be absolutely overwhelming for new arrivals. There are creations, areas, and ranges of colours and sounds existing far beyond the comprehension of the earthly Mind. To the new arrival the mid-Astral worlds can indeed seem like "heaven" where everything desired can become an instant reality, and where total peace and harmony prevails in idyllic worlds of beauty far beyond the comprehension of those living on Earth. Indeed one problem with the mid-Astral worlds is that the residents are often so happy with their "home", they accept it as reality rather than realising their greater destiny of ascent to the inner, non-materialistic realms, the worlds of Spirit where the great ascent back to God continues. This ascent cannot progress until all material desires have been fully satiated.

Within the Astral worlds travel is accomplished in an instant merely by thinking about where to be, whether it is travelling to a particular place or to meet a particular person, simply by imagining to be already there. There are numerous people in the Astral worlds, both humans and other beings, who are only too happy to act as guides.

## **The Our Ultimate Reality Newsletters**

The Astral planes are absolutely vast, far more so than the physical Universe of matter, infinite, and wondrous, and include realms far beyond earthly comprehension until actually witnessed at first hand. The content and constitution of the Astral worlds have not only been created by beings and intelligences who have originated on Earth, but also from every other planet in the physical Universe containing high level life.

Everything imaginable is available to the residents of the Astral worlds and more - theatres, music halls, restaurants, huge libraries, technology, gardens, in fact everything that exists, has ever existed or ever will exist on Earth, as well as much more that has never existed on Earth exists within the Astral worlds.

Everything a person could possibly need is available, no Soul ever being alone unless they desire to be. These are reasons why to many people the Astral worlds are indeed "Heaven", until of course they progress to the still greater wonders of the inner Spiritual realms of life which will in turn seem like Heaven by comparison to the Astral worlds. The outer cannot usually comprehend the glories of the inner states of life and reality.

Everything available and possible in the physical world is also possible in the Astral worlds and much, much more, but of course without earthly physical limitations. Although clothing isn't necessary due to the lack of physical weather and environmental conditions such as wind, rain and physical temperature, most people still adorn themselves with clothing simply for appearance and perceived comfort, and of course as a matter of habit. Needless to say, like everything in the Astral worlds clothing can be changed in an instant. Although temperature does not exist, being an

## **12 November 2006 – Life after Life**

attribute of the physical Universe, the "climate" is nevertheless always optimum for complete comfort.

As mentioned previously, the Astral worlds are the "desire worlds" where residents still think and express themselves in physical, material terms. It is not until all material possessions are seen as the illusions they really are can true progress be made to the inner spheres of life and reality. Some people are so materialistic in their thinking that this process can take hundreds or even thousands of years as measured in Earth time including many physical incarnations. Some people, in particular those more Spiritually advanced, already recognise the illusory nature of the Astral worlds for what they really are, and might simply take a short, welcome rest in the Astral worlds before moving straight on to the inner Spiritual realms of life.

**19 November 2006**  
**Sentient Thought**

In previous newsletters we have discussed how our thoughts and emotions affect our experiential reality.

Conversely, our perceived reality also affects our thoughts and emotions, so the two are in fact inseparably linked.

Ultimately it all comes down to one important factor: The Power of The Mind which is also responsible for our physical perception as experienced through the five physical senses - Sight, Hearing, Smell, Taste and Touch.

In cold weather, in the absence of heating, or if we experience ice, frost or snow, we believe we feel cold simply because we expect to feel cold. The more we focus on being cold the colder we will feel.

Our outer, physical experience is always a perfect reflection of our focus, thoughts and expectations and therefore of our Mind.

For example - if people experience "snow", they expect to feel "cold".

As with health, healing, well-being and every other aspect of our experiential reality, our physical experience is always a perfect reflection of our thoughts, expectations and emotion.

For example, knowing this myself, I can be outside in cold weather, in the frost or snow, wearing a short sleeved T-shirt and feel pleasantly warm, while those around me are wearing thick winter clothes. Anyone can easily do the same.

## **19 November 2006 – Sentient Thought**

Next time you believe you feel cold take a moment to relax completely, empty your Mind of all thoughts, and imagine, as vividly as possible, that you are in a warm or even hot place. This might be an imaginary place, but recalling the experience of somewhere you have previously visited on vacation for example will make it much easier to invoke these feelings of heat or warmth.

Use all of your imagination to know and perceive how warm you are feeling, knowing without any doubt in your Mind. Include as much as you can in your imagination to add to the realism to the scenario.

Soon will begin to feel pleasantly warm, even hot, despite the fact that the external temperature is apparently just the opposite.

As a living example, there are adepts high in the Himalayas of Tibet wearing very few clothes, yet always feel warm despite the very cold temperatures. These adepts can even melt the snow around them and for some distance using their powers of Mind alone.

This of course also works in reverse. If it is midsummer where you live, or if you live in a hot climate, you will often perceive yourself as feeling too hot to the point of feeling uncomfortable.

In this case, relax as before, clearing your Mind of all thoughts, and imagine, as vividly as possible, beyond any doubt, that you are in a cold location, feeling all of the associated sensations.

Again, recalling the feelings of a vacation, for example skiing, is an excellent way to invoke this feeling Soon you

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will start to feel pleasantly cool even when those around you look and feel hot.

There are many other ways were we can use the Mind to invoke physical feelings - i.e. sentience, for practical purposes.

For example - many people today are struggling with weight. There are many lifestyle reasons for this which we need not go into now.

There is of course one fundamental cause of weight gain - food. As a general principle, the less we eat the less we will potentially gain wait. Similarly, in order to lose weight we must eat less.

One reason many people continually snack is because they believe they feel hungry, resulting in progressive weight gain - particularly if the snack happens to consist of "fattening" food.

Just as we can control how we perceive temperature, we can also control how we perceive hunger. By not feeling "hungry", or more specifically by feeling satisfied, the urge to satisfy that hunger with food can be eliminated.

This can be accomplished in the same way as we perceive our feelings of temperature - i.e. by imagining the opposite of how we believe we actually feel.

Next time you believe you feel hungry, and it is not during the time of a regular meal, relax as before, clear your Mind of all thoughts, and imagine, as vividly as possible, how you feel after a large meal. Invoke the feelings satisfaction, feeling full and any other feelings you associate with completing such a large meal.

## **19 November 2006 – Sentient Thought**

Again, using an actual experience such as a visit to your favourite restaurant can make this process much easier.

You will find that by invoking the feelings associated with having already completed a larger meal, your body will feel satisfied and will no longer demand food.

Controlling sentient feelings is just another of the many ways by which we can maintain total control over every aspect of our physical reality and therefore the quality of experience during this lifetime.

**26 November 2007**  
**Sentient Thought update**

Since last week, when we discussed Sentient Thought, I have received many emails from people who are already not only able to control whether they feel warm or cool at will, but have actually been practicing this for many years.

Here is just one such email I received. The sender, Yasmin, kindly granted me permission to include it today. Here it is:

*"When I first came to Canada (Dec 21, 1969 - I was 13 years old), I used to wear a fall coat - it was really a very light coat, and I would be waiting for half-an-hour at a time for the bus, or walking at least that long and usually longer as I went to and from school.*

*The average temperature was generally -21C, often lower.*

*I DID NOT get cold, did not freeze my toes, and did not get sick, and I had attributed my experience at that time to the fact that, having NO concept of cold or it's association's, I simply could not perceive it so could not 'feel' it...it is only years after when I 'learned' about 'cold' that I froze my toes and started getting colds and things". Yasmin*

Thank you again Yasmin for sharing this with us.

This is an excellent illustration of sentient thought. Yasmin's Subconscious Mind had no concept of "cold" and accordingly she did not physically feel cold until finally taught what "cold" is.

Of course "cold" is just a concept as with "hot" - both examples of the illusions that comprise this vibration upon which we live – the "physical world".

## **26 November 2006 – Sentient Thought update**

Last week we saw how this can be controlled by our thoughts, not only to feel an idea temperature, but also to achieve an ideal weight, remain healthy and much more.

If you wish to feel "warmer" or "cooler", to lose "weight", to remain healthy, to feel happy - all you need to do is "forget" the opposite of those things, and only to recognise, focus on, and allow into your thoughts those things you wish for.

Plain and simple - we are what we focus on with our thoughts - always.

**26 November 2007**

## **Communicating with the Subconscious Mind**

By now many of you know the importance and sheer power of the Mind in creating, or more accurately attracting our reality, a process known as "The Law of Attraction".

"Thoughts are things", and therefore every thought, however small, has its corresponding effect. In terms of The Law of Attraction this means every thought will attract to you whatever you predominantly think about.

Unfortunately most people are still not aware of The Law of Attraction, and therefore focus on the negative things in life.

When they attract those negative things they ascribe them to such erroneous concepts as "luck", "chance" or "fortune".

Those who know The Law of Attraction can consciously create the exact reality they wish for with immutable certainty. Increasingly more people are doing exactly that, including many readers of this newsletter judging by the many emails received detailing these successes which are wonderful to read.

One of the questions that most often arises goes something like this:

"In order to attract to us the reality we wish for, is it necessary to focus on it constantly, to the exclusion of all other thoughts?

The answer is absolutely not. The important thing to keep in Mind, and of course to practice, is to never allow

## **26 November 2006 – Communicating with the Subconscious Mind**

thoughts into your Mind that are contrary to your wishes, including those particularly destructive thoughts - fears, doubts and uncertainty - thoughts that ensure that many people who might have succeeded with The Law of Attraction never do. Any negative thought should be immediately cancelled by saying to yourself, either aloud or in your Mind - "cancel., cancel., cancel.", until the negative thought dissipates.

Our objective therefore is to allocate time each day to find a quiet place, fully relax and focus on our wishes by using a Law of Attraction technique as detailed in Our Ultimate Reality.

Afterwards we put the object of our focus out of our Mind, and then ensure no contradictory thought including doubt thoughts enters our Mind.

Another comment I frequently see is from busy people who claim not to have the "time" or opportunity for one reason or another to focus on attracting wishes or using a Law of Attraction method.

Well the good news is that one of the most powerful times to focus on practicing The Law of Attraction is just before sleep. At this time we are much more connected to the Subconscious Mind as our brainwaves slow down from the normal waking state to sleep state.

The higher the frequency of our brainwaves, the less consciously connected we are to our Subconscious Mind. This is why brainwave entrainment, as with Abyss, our own powerful binaural brainwave entrainment track, is so valuable for practicing The Law of Attraction and much more.

## **The Our Ultimate Reality Newsletters**

Why is the Subconscious Mind so important in The process of The Law of Attraction? These are the main reasons:

1. The Subconscious Mind is around 90% of our total Mind Power.
2. The Subconscious Mind is sublime - it never, ever questions.
3. The Subconscious Mind is in permanent communication with our Higher-Self, or more correctly Inner-Self, and most importantly also with the Superconscious Mind - The Universe.

It is evident therefore that the route to attracting all of our wishes is to communicate those wishes to our Subconscious Mind, and indeed this is the basis of almost all Law of Attraction teachings.

We can take advantage of these facts by communicating our wishes to our Subconscious Mind just before sleep with the following benefits:

1. No special time needs to be set aside during the day.
2. Our connection to our Subconscious Mind is strong.
3. We take thoughts into sleep so they cannot later be questioned.

So after retiring to bed and just before sleep is one of the very best and most convenient times to practice a Law of Attraction method for achieving literally anything you can possibly imagine.

## **26 November 2006 – Communicating with the Subconscious Mind**

And finally I would like to conclude this week with a verse that I repeat here from time to time for the benefit of our new subscribers, but also because it is so true and applicable to all.

I hold it true that thoughts are things  
They're endowed with bodies and breath and wings  
And that we send them forth to fill  
The world with good results, or ill.  
That which we call our secret thought  
Speeds forth to earth's remotest spot,  
Leaving its blessings or its woes  
Like tracks behind it as it goes.  
We build our future thought by thought,  
For good or ill, yet know it not.  
Yet, so the universe was wrought.  
Thought is another name for fate -  
Choose, then, thy destiny and wait,  
For love brings love and hate brings hate.

---Henry Van Dyke

**3 December 2006**  
**The Dream Journal**

One question that I am frequently asked is how to make better use of sleep-time for ongoing development.

Last week we discussed communicating with the Subconscious Mind just before sleep which is a very powerful method of making use of the time before sleep to address the Subconscious Mind.

Very often answers and messages arrive during and just after sleep.

These messages are often answers to your questions of the night before arriving from the Subconscious Mind, and very often from the most powerful source of all your Higher-Self, or more correctly Inner-Self, Who is most closely connected to our Divine Creator.

During sleep, messages will arrive visually during dreams, sometimes directly, but often symbolically.

Very often the answer will arrive the moment you awaken by means of the voice from within.

These are extremely valuable messages that most people miss, either by forgetting dreams, dismissing the voice as a symptom of waking, or often simply forgetting the moment the Mind wanders to more pressing matters such as getting out of bed for the day ahead.

This is a great pity because so much valuable information arrives during these times which is subsequently missed.

### **3 December 2006 – The Dream Journal**

One of the very best actions and habits to adopt therefore is maintaining a bedside journal often known as a "dream journal".

A large blank notebook is the most flexible for this purpose as you can simply place the date at the top of each entry and write as much as you need to without being restricted for space.

The ideal arrangement for a dream diary is to use a large notebook, placing your dream recollections on the left side pages and the corresponding notes and interpretations on the right side pages, thereby keeping everything in context for easy future reference.

Each pair of pages will therefore be dated and headed "Dream recollections" on each left side page, and "Dream analysis" on the corresponding right side page. Arranged in this way everything you write down as soon as you awaken is maintained in complete context, and will always make sense when reviewed in the future.

It should be noted that sometimes dreams do not make immediate sense. It is not until a series of dreams have been experienced, noted and analysed that a complete meaning emerges.

The same journal will be used for noting down messages from within, from the inner voice. The moment you awake and before doing anything else at all, immediately write down any messages received in your journal.

Before going to sleep it is an excellent idea to get into the habit of repeating an affirmation such as:

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"I always have total recollection of my dreams when I awake".

This will impress upon your Subconscious Mind the fact that you are to remember your dreams after you awake, and soon your Subconscious Mind will exert its influence accordingly.

And as we discussed last week, this is also the time to ask your questions and expect a response the follow morning upon awaking.

Your dream journal must always be kept easily available next to your bed with a pen to write with. As soon as you awake, either in the morning or during the night, or after a nap, immediately and without any hesitation concentrate on recalling your dreams.

The moment you awake write down everything you can remember of your dream or dreams, not leaving out even the very slightest detail.

Often it is the smallest details that have the most significance.

This should become a daily habit from the very moment you awake.

You will quickly find that recalling your dreams will become progressively easier and more automatic as time goes by, and the action of recalling and writing down your dreams will become a welcome habit and soon even exciting as you look forward to discovering what messages have been received during sleep.

### **3 December 2006 – The Dream Journal**

As time progresses, you will very likely find your dreams becoming progressively more vivid, and sometimes you might even start to enjoy fully interactive and controllable Lucid Dreams, all as a direct result of maintaining your dream journal.

During the day put aside some time to analyse your dreams of the night before. It is best to do this while relaxing completely in a place where you will not be disturbed. Those who have advanced to the stage of the ability of deep meditation will find it particularly beneficial to consider the meaning of dreams while meditating, especially where the dreams are symbolic and further interpretation is necessary. During meditation further clarification will often arrive.

First of all, look at each individual dream as a whole and understand its meaning. Sometimes the dream will have no particular meaning being simply a scenario generated by the Subconscious Mind, or a fantasy in which you became involved within the Astral spheres.

It is also very important therefore not to attach meanings to dreams that might not exist at all. This all takes practice, but soon you will begin to differentiate the meaningful dreams from the fantasies, and indeed very often even a fantasy has a symbolic meaning. For example, a dream involving a fantasy scenario of being at sea in a luxury liner might represent a deeply embedded desire to go on a world cruise.

As with all types of introspection and self-analysis it is extremely important to be totally and completely honest about this process and not to convince yourself of scenarios that really do not exist. Compare each dream with your current life, your aspirations, including all problems, hopes and worries, and see if there are any similarities.

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If there are similarities write them all down and determine what the dream is saying about your life or any particular aspect of your life. If you are able to determine a definitive message within the dream, then you should follow the guidance contained within the message straightaway if appropriate to do so.

Dreams are a very important mode of receiving messages from the inner spheres of reality or even from your Higher-Self. If you are not immediately able to determine a link between your dreams and your life as it is at the current time, then see how the dream might be related to your future aspirations.

If your dream has no seeming relevance to the past, present or future as relates to Earth time, then you should keep the possible message conveyed by your dream in Mind, and remain diligent as you go progress your daily affairs for circumstances appearing which might be relevant to your dream.

Remember, dreams often originate within the inner spheres of life and reality beyond the confines of space and time, where the past, present and future relative to the physical world all exist concurrently in the "Eternal Now".

Your dream might therefore be telling you something about your future, possibly even your immediate future, known as pre-cognitive dream.

The most powerful and therefore important messages are often delivered by recurring dreams - dreams which have the same theme for more than one night, and it is within these dreams where particular attention should be focused.

### **3 December 2006 – The Dream Journal**

Sometimes dreams can represent a whole series of messages that will need breaking down into sections in order to analyse the meaning of each section effectively. Again it is important to note that not every dream has a particular meaning, but in order to determine which dreams do have a meaning, no dream or aspect of a dream should be overlooked. The aspect you might choose to overlook might be the very aspect of the dream containing a particularly important message.

Again, it is also important to remember that dreams can be highly symbolic and not contain specific details that are readily apparent for what they really are. An example of this might for example be where you are experiencing a series of dreams containing blockages - blocked pipes, blocked sinks, blocked appliances and so on.

These blockages might well symbolically represent an Energy blockage in your life at either a physical or emotional level. You might for example have a blockage about going to see your doctor about a medical condition that is causing you some concern.

It might be a blockage at the emotional level where for example you are intentionally delaying contacting or seeing someone about an important matter. It might be a blockage at the mental level where you are having problems with thinking about certain things, concentration, motivation and so on.

Some symbols might appear in dreams in much more subtle ways such as particular shapes, sounds or smells - all of this symbolic imagery is meaningful, and accordingly well worth the time to fully interpret and to understand.

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An example of symbolism for example might be a series of dreams about pipes, or even blocked pipes that you need to unblock. Such a dream might well be indicative of an intestinal blockage for example, or an emotional blockage, or being in denial about something. This is why dreams should be analysed with an open Mind, and nothing should be dismissed. Over time it will make sense, especially if the dream is recurring.

The value of dream recollection can be most profound as may be clearly seen from the foregoing, and is therefore a most worthwhile exercise.

Messages are continuously being delivered by everyone ranging from your Higher-Self, from all levels of beings in the inner spheres of life and reality including human beings, and also from your Subconscious Mind, all of whom often use dreams as just one of many means of delivering important messages often requiring urgent attention.

The Higher-Self through the Subconscious Mind and the Chakras is constantly delivering messages and guidance. Most people alas are too focussed on immediate material things to hear them. Using sleep-time and the dream journal is therefore a convenient and powerful way of hearing this important guidance.

As you progress however and pursue the exercises detailed in this book you will find that messages can be delivered more directly into your waking Consciousness at any time, particularly during meditation, and even during full waking Consciousness by means of impressions, inspiration, and in the inner voice.

I will finish this newsletter with this quotation:

### **3 December 2006 – The Dream Journal**

"Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be - your ideal is the prophecy of what you shall at last unveil". ---James Allen.

**10 December 2006**  
**A 2012 update**

Since my first newsletter on the subject of 2012 and my creation of a dedicated forum to these important matters at the Astral Pulse, I have received numerous messages about 2012.

The majority of these are of a concerned nature, and even of fear for the future of themselves and families.

This week therefore I deemed it a good opportunity discuss 2012 again, as I will be doing from time to time to the date itself – and beyond.

First of all we need to be absolutely clear on one important fact:

21 December 2012 is not the end of "time" or even the "end of the Mayan calendar". The Mayans - an extremely advanced race, had many calendars and other instruments of phenomenal accuracy, and the long-count, to which 2012 relates, is only one of them.

The long Count itself is does not stand in isolation - it is simply the end of a Long Count in an infinite series of such Long Counts.

The big question is - what does it represent?

Some believe it represents a very rare cosmological event known as a "Galactic Alignment".

The Galactic Alignment is the alignment of the December solstice sun with the Galactic equator. This alignment occurs as a result of the precession of the equinoxes.

## **10 December 2006 – A 2012 Update**

Precession is caused by the earth wobbling very slowly on its axis and shifts the position of the equinoxes and solstices one degree every 71.5 years. Because the sun is one-half of a degree wide, it will take the December solstice sun 36 years to precess through the Galactic equator.

The precise alignment of the solstice point, the precise centre-point of the body of the sun as viewed from earth, with the Galactic equator was calculated to occur in 1998.

Thus, the Galactic Alignment "zone" is 1998 +/- 18 years = 1980 - 2016. This is "era-2012."

This Galactic Alignment occurs only once every 26,000 years, and was what the ancient Maya were pointing to with the 2012 end-date of their Long Count calendar.

The end of the Long Count also coincides with the end of a Mayan "Sun" or "age".

The fundamental questions therefore are these:

1. Is the galactic alignment capable of effecting Earth in and of itself?
2. Or is it simply symbolic of a much deeper meaning?

Whilst many believe the Energy of the galactic alignment has the potential to cause the magnetic poles of the Earth to reverse, so north becomes south and south becomes north, the effects of which could be catastrophic, I personally do not believe this to be the case.

I say this because the galactic alignment is not something that will simply happen on 21 December 2012. As the peak

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of this event could occur or has already occurred anywhere between 1980 and 2016, there is a better than average chance that it has already occurred and we are clearly still here.

Notwithstanding that, as this is a 36 year event, one day will does not have the potential to cause a catastrophe in and of itself.

I am of the view that the Galactic Alignment is therefore symbolic of a much deeper and greater meaning, a meaning we have still yet to fully determine.

The classic Maya were very involved with symbolism, as were many ancient races such as the Egyptians, Sumerian's and other great races. Many large, now ruined Mayan cities for example contain massive "ball game courts" which are designed and aligned cosmologically.

It seems likely that, as with the Hindu Vedas for example, these games were actually dramas and plays designed and performed in order to teach the populous in terms they could understand.

Before looking further at the most likely 2012 scenarios, let us take a look at a scenario that could potentially have a catastrophic outcome, and which the Maya would certainly have known about. We must always do this in the interests of completeness and knowledge - regardless of the potential implications.

During 2012 Earth is to experience the largest maximum of Solar activity - i.e. of the Sun, ever experienced. The resultant energies, particularly if directed towards earth, have the potential for considerable and dramatic physical effects including but not limited to a magnetic pole shift, a

## **10 December 2006 – A 2012 Update**

reversing of the direction of the movement of the tectonic plates of the Earth, resulting in massive earthquakes, tsunamis and volcanic activity, and a blotting out of the Sun resulting in another ice age.

Let me stress however I personally, at this stage, regard this as highly unlikely. We will see and feel the effects, but large-scale displays of Aurora are the most likely outcome.

That said the Maya knew much more than we do and 21 December 2012 is not the end of a "Sun" or "age" for no reason.

The Maya were a shamanic race who made use of entheogenic substances, mostly based upon DMT, which has several variants the most relevant of which is Dimethyltryptamine and N,N-dimethyltryptamine. Another variant is 5-MeO-DMT which is more of a psychedelic variant.

DMT has been extensively researched in considerable detail with numerous subjects by Rick Strassman, a scientist. Dr. Strassman discovered profound capabilities of DMT for Spiritual experiences deep into the inner Energy levels of the Universe. His findings were so profound that he named DMT "The Spirit Molecule".

In my view it is very possible that by highly expert use of DMT, developed over the course of centuries, that the Mayan Shamans were able to access information from Inner Energy levels, the Causal sphere of the Universe, from probably the "Akashic record", Energy that the average person could not possibly directly access without a Spiritual or entheogenic process such as that experienced with DMT.

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I am of the view therefore that the Maya absolutely do know what December 21 2012 will bring, and of its significance for mankind.

I therefore currently feel that 21 December 2012 could well be an eschatological event, which takes mankind to the next level of evolution, from Homo Sapiens to "Homo Spiritus".

This being the case for some, or many, depending on how this scenario progresses, will find the illusion of space and time stripped away, and the material, physical world exposed for the illusion it truly is. Some humans would leave Earth, travel straight through the 4th density, the Astral planes, straight to the 5th density where the next phase of life will be revealed.

Those not Spiritually advanced enough might remain on Earth but with multi-dimensional awareness. Ego, greed and materialism would give way to love, service and compassion on the way to further evolution.

If this is the way these events proceed, there is nothing to fear - those remaining will finally enjoy conditions that we are always intended to enjoy before religion, materialism and selfishness temporarily destroyed it - the "Kingdom of Heaven on Earth".

I would like to add that there is no evidence to suggest that on 21 December 2012 a "switch will be flicked" and everything will change.

That could happen, but it could also be a process that, having started around 1987, could take as long as several hundreds of years to reach a final conclusion. The truth is we just do not know at this stage, and, with only 6 years to go, we have to accept the fact that we might never know for

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sure until it happens – always assuming it will happen - nothing at all is a certainty - only The Source, The First Cause, God knows All.

There is plenty of evidence for both scenarios however.

In a future newsletter I will discuss one such scenario that would indicate a sudden eschatological event on 21 December 2012, known as the "Auric Times Scale" which is based upon a series of events known as "bifurcation points" accelerating in frequency in accordance with a system known as "The Golden Mean" based upon the "Phi". Bifurcation points tend to coincide, in theory, which major events that have direct influence over humanity, such as for example the detonation of the first nuclear warhead in the Bikini Atoll.

The Auric Timescale shows us that bifurcation points occur at an exponentially increasing frequency until, on 21 December 2012, they occur firstly minutes apart, then seconds, then milliseconds until finally time itself implodes.

However - there is a potential twist.

We know, from previous newsletters that there is no such thing as the "future" except as a human concept - there is only the present moment of "Now". So absolutely nothing is certain. Although the stage is set, in my view, for events to unfold as discussed above, as ever, the ultimate outcome is dependant on mankind and therein lies the twist, the danger.

I cannot stress what I am about to say enough:

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The ultimate outcome of 2012 will not be decided by some outside "force", "prophecy" or "prediction", mathematical equation or conspiracy - it will be determined, as always, by the collective consciousness of mankind, of all life, all Spirit and of course the consciousness of Gaia, the Earth Herself, Who is in any case in the process of transitioning to the next density.

Everything you see on Earth is an illusion created by the collective consciousness - particularly of mankind. The thoughts of mankind perpetuate that illusion constantly to create an illusory state perceived by the mediation of the 5 physical senses, causing it to appear "real".

Therefore - whatever the majority of the 6.5 billion members of the human race believes will be the outcome of 2012 will be the outcome - there can be no other possible conclusion.

Make no mistake - Earth and the consciousness of mankind are inexorably linked - they are inseparable and cannot function independently.

There are many insidious agencies among the human race who wish to progressively imprison mankind in single world dictatorship for their own selfish purposes - a process that has been continuing for centuries and is becoming dangerously close to realisation.

When mankind evolves these low vibration humans and other entities will lose all of their power instantly. They know it and they are desperate and will do anything within their powers to capture and imprison the consciousness of mankind.

The main weapon they have for this is the media including

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newspapers, television and movies among others - to which they know the human race is addicted and follows without question.

There are countless examples of this process occurring at all levels and they are increasing all the time.

A very recent example is a movie called "Apocalypto" which has Mel Gibson and others portraying the ancient Maya as little more than a bunch of savages, thereby discrediting their massively important legacy and of course events of 2012.

This film is an absolute disgrace. The Maya were massively more advanced in most ways than "modern society" - technology is not "advancement". Advancement is understanding the true nature of reality and what we must do as human beings in order to fulfil our true destiny, a destiny that dark agencies are seeking to deny us.

The cosmological, astronomical, astrophysical, astrological and mathematics abilities of the classic Maya were far in advance of anything taught in Universities today. They were highly organised, and like the ancient Egyptians, performed truly remarkable feats of urban planning and architecture with no technology and no machinery to speak of. Spiritually the Maya were far in advance of the average human and materialism was a concept that they would not have had any concept of.

We must, at all costs resist the future media attacks however subtle they might seem. This is a window of opportunity for mankind that must be ceased at all costs or it will be set back for tens of millennia thereby plunging mankind into a new "dark ages", a dark ages that would make the last dark ages seem like a non-event.

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I will discuss these aspects more fully in future newsletters.  
But until then please remember:

The ultimate outcome of 2012 will not be decided by mathematical equations or "prophecies" or "predictions" or any external force, known or unknown, it will rather be decided by the collective consciousness of the human race which is unfortunately hugely influenced by the media.

I wrote my book, Our Ultimate Reality, to show you the way forward in order to enable you to fulfil your true destiny, in the knowledge of the challenges that lie ahead:

Above all please keep in Mind:

There is nothing to fear but fear itself.

**17 December 2006  
2012 update continued**

It was not my intention to continue this topic this week, important though it is, but the weight of messages received has been such that I felt it better to deal with some of these today.

During 2007 I will be extending my 2012 news and information services as we move within 6 years of this pivotal event.

Perhaps the best way of addressing this is to address some of the main questions arising from last week.

1. End date. Several people sent me a message, for which I thank you, pointing out the fact that a prominent 2012 researcher and Mayanist, Carl Calleman, identifies the end-date of the Mayan calendar as October 28, 2011.

I am fully aware of this and have previously researched his ideas. In view of the questions raised I decided to do so again.

First we must recognise the fact that we do not know for sure – no one does. The end-dates put forward are the results of a life-time of work by several extremely dedicated, scholarly and intelligent people, who fully stand by and justify their findings.

I have utmost respect for Carl Calleman and his contributions to the entire 2012 and Mayan area which are of the utmost importance.

However, I am of view that the October 2012 end-date might well be the result of applying incomplete information

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or principles in its derivation. Although the underlying basis appears to be solid enough, it does however appear to selectively omit factors which are crucial in the context of the derivation as a whole - it is somewhat like baking a cake without one of the basic ingredients to make it rise.

A discussion of the fundamental assumption that caused this end-date would take several newsletters to explain, but the crux of the 14 month or so deviation from the widely accepted end-date is this:

With reference to the Mayan measure of time as it pertains to the long-count calendar, Carl Calleman appears to make the assumption that 1 Imix to be the beginning of the Tzolkin. A situation that could never occur. The result of this is that the end-date is erroneously transposed forward by just over a year.

This appears to be a fundamental misunderstanding of the interpretation of the Mayan glyphs, and enough, in and of itself to erroneously transpose the end-date.

One hopes that in the interest of clarity, Carl Calleman will address this issue again before too long.

2. Auric Time Scale: This relates to my brief overview of the Auric Time Scale last week during which I mentioned the "implosion of time", a concept that appears to have worried some people.

In recent years there have been various mathematical models proposed, purporting to represent the eschatological processes we are currently experiencing.

Of these The Auric Time Scale and Time wave Zero which lots "fractals of novelty" over several thousand years. There

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is now evidence that the I-Ching, which many of you may will have heard of, also points to an end-date of 2012.

The Auric Timescale is the work of a highly respected and brilliant Russian scientist, Dr. Sergey Smelyakov. Dr. Smelyakov holds an MA level degree in applied mathematics as well as doctorates in numerical methods and mathematical modelling and cybernetics – his credentials are beyond reproach.

Auric Time Scale is an extremely complex mathematical derivation, consisting of many pages of computations. I intend to make these available to you as soon as possible.

In extremely broad terms The Auric Time Scale is a series based upon the "Golden Mean" and Phi, ultimately describing cosmic and terrestrial events occurring throughout history - events known as "bifurcation points", which have the potential to influence the course of mankind.

Dr. Smelyakov has formulated his equation in conjunction with the Mayan long-count calendar, and produced a series of correlations between bifurcation points and bifurcation eras, and major events of the past, that had the potential to influence the direction and therefore the evolution of mankind, up to and including the final evolutionary bifurcation point, fixed, in accordance with this model, to 21 December 2012.

If we examine these correlations closely we see that they may well be true, the main caveat being that the timescales involved are so large in the beginning, we cannot precisely correlate dates with events.

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Here however are just a few such correlations - to list them all is far beyond the scope of this newsletter:

Bifurcation Era 0:

The last geomagnetic inversion (3.2 - 2.9 millenniums BC)

Total Solar eclipse at vernal equinox (3306 BC)

Beginning of the Kali Yuga (about 3100 BC)

Beginning of the Mayan Calendar (3113 BC)

Bifurcation Era 1.

Emergence of Sumerian civilization and Babylon (about 3000 BC): in those times they were provided with the star ascending tables and (at least, since 2500 BC) they used the Solar-Moon calendar.

Significant intensification of the tectonic activity coincides with growth of concentration of precipitated uranium (about 1200 BC).

The Golden section of the Mayan Calendar (from the end to the beginning), 1155 BC Fall of Troy (1194 BC).

End of the age of creating of the Mahabharata (1500 - 1200 BC)

Discovering of Tibet and China by the Europeans.

Beginning of the Iron Age (1200 - 1180 BC).

Gautama Buddha (621 -544 BC).

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Historical Maitreya (5th century BC), Mahatma, successor of Gautama Buddha Zoroaster (6th century BC).

Pythagoras (570 - 496, or 582 - 507 BC).

The most known of the mystic philosophers Plato (427 - 347 BC).

Bifurcation Era 5:

The most terrible earthquake on record in the world, China, 1556 Dreadful epidemic of plague in Europe (1563) at great conjunction of Mars, Jupiter and Saturn Flashes of Supernovas: in 1572 (Tycho Brahe) and in 1604 (Kepler)Europe.

Beginning of Renaissance, development of capitalism, Reformation and dissemination of Christianity over the world.

Establishing of world-wide empires, great geographical discoveries of 15 - 16 centuries.

And this is just a small sampling of the correlations resulting from the work of Dr. Smelyakov.

In the past, bifurcation points have occurred at very large time intervals, but as we approach the final bifurcation point of 21 December 2012, we become more focused on bifurcation points as opposed to eras.

A bifurcation point should, in accordance with the Auric Time Scale, correspond to a major influential event that can be either terrestrial or cosmic in nature.

It is these bifurcation points that will be the "sign posts" we

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follow pointing to the 2012 end-date.

The detonation of the first nuclear weapon at the Bikini Atoll corresponded to a bifurcation point.

More recently bifurcation era 10 is correlated with the rise of a "new world order" which seeks to take advantage of world chaos to enforce a single world order, or dictatorship. I must stress "seeks", because without the cooperation of the collective consciousness of mankind, it cannot prevail - and it is there that the battle-lines are currently drawn.

We recently experienced a bifurcation point that commenced on November 22, that appears to have coincided with an extreme series of Solar events an X9 flare, followed by an X6 on Dec. 6th, an X3 on Dec. 13th and an X1 on Dec. 14th. This resulted in fantastic aurora displays, but more importantly resulted in a proton flux bombardment from the Sun.

I should point out that all this has occurred during a solar minimum.

2012 also coincides with the greatest solar maximum known to man, the potential consequences of which we are still endeavouring to comprehend, but are nevertheless inexorably related to whatever awaits us during that time.

There are no single factors involved in the 2012 scenario.

As ever - the "future" will be determined by the collective consciousness of mankind our therefore our influence over reality at a quantum level.

I view all of these events therefore as quantum probabilities – any or all of which come into effect based upon the

## **17 December 2006 – 2012 Update continued**

consciousness of mankind, and which could well mean the difference between a catastrophic or eschatological outcome.

So what does this mean to us as we approach the 2012 end-date?

The nature of the Auric Time Scale is such that as we approach the end-date the interval between bifurcation points becomes progressively smaller. This means that these bifurcation events will occur with increasing frequency, and instead of occurring years apart will start to occur months, then weeks, then days apart, until finally, on 21 December 2012, they will start to occur minutes apart, then seconds apart and finally milliseconds apart until the end of the bifurcation cycle is reached, and the mystery of the next phase of mankind and indeed all life would be revealed.

Again though - I really must stress, in no uncertain terms, that this is simply one of a number of mathematical models pointing to 21 December 2012, a model that I personally believe has substance, but which I do not present as fact to the extent this is the way events will definitely unfold.

Again, and this is crucial to understand, the ultimate outcome can and will be decided by the collective consciousness of Mankind.

So what does this mean experientially?

What will we feel? What will we become?

To answer that we need to look at how we would experience these events in the context of time.

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What is time?

To many people "time" is measured by the hands or numbers of a clock, or perhaps the position of the Sun in the sky.

These however are simply mechanical and convenient methods of measuring this thing called "time".

In reality time is experiential, not mechanical. We experience time in accordance with our Mind and our relationship with time at any particular moment.

We can experience time as something that seems to take forever, or something that passes in an instant.

For example here is an observation regarding time made by Albert Einstein in the context of his special theory of relativity:

"Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That is relativity." - Albert Einstein.

According to the Auric Time Scale we are experiencing an implosion of time and therefore of space as the space-time continuum is inter-dependant.

Even now we experience 24 hours as 16 hours although to many it might not yet be apparent. I have heard many people comment however on how "time" seems to be "speeding up" - it really is.

As we approach the final bifurcation marking the transition of mankind, assuming this scenario is the correct one, which is yet to be proven, at the point time implodes we

## **17 December 2006 – 2012 Update continued**

will transition from experiencing "time" to a state of experiencing "non-time".

This is a very natural state that everyone will experience after a transition to the non-physical worlds at the change known as "death". The people in the Astral worlds, often known as "the afterlife", and beyond have no concept of "time" or of "space".

Let me stress that this final event is nothing to do with "death", I simply use it as an illustration.

At that final bifurcation point everyone would experience the transition to "non-time and space" in a different way.

Some would experience their entire life in a moment - some many or even all lives.

Many would know the encumbrance of the physical body, the "clay" that binds us to the physical planet and will wish to be free of it.

Many would finally realise the truth of the illusion that they have been living and will wish to leave Earth and travel directly to a "real" existence, beyond the illusion of form, to the 5<sup>th</sup> density of the Spiritual worlds.

Others, in that moment, will know our Supreme Creator.

The illusion of time and space would be torn away forever along with the facade of Egotism, materialism and greed that has dominated, blighted and retarded mankind for so long.

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Those choosing to stay would create the "kingdom of Heaven on Earth", and continue to incarnate on other Earth-like planets in the course of individual evolution.

Above all it would be a great event marking the evolution of mankind to the next level, from Homo Sapien to Homo Spiritus.

There is nothing to fear but fear itself. Only the collective consciousness of mankind can truly determine the outcome, and fear would bring about a fearful outcome.

And again, this is the scenario according to the Auric Time Scale. We do not know whether this is accurate or true at this stage. We do know however that as we progress inexorably towards the end-date Auric Time Scale will be tested time and again.

These are great events to be embraced and to look forward to.

There has never, ever been a better time to be a human being on Earth.

**31 December 2006  
2012 follow-up**

Following the last newsletters many people have asked me for more information about The Auric Time Scale or "ATS".

ATS was originally a set of 15 separate documents by the Dr. Sergey Smelyakov as discussed in the last newsletter.

I have since compiled his entire collection of documents into a single document, added a full table of contents and converted it to a PDF which you may download from here:

<http://www.ourultimatereality.com/files/ats.pdf>

I would like to take this opportunity to clarify an aspect of my ATS discussion in my last newsletter.

The excellent ATS document in and of itself does not seek to draw any conclusions, at this stage at least, about the outcome of 21 December 2012, and accordingly I formulated my own conclusion.

ATS describes "bifurcation points", each of which corresponds to a major event that has the potential to alter the course of mankind.

At this time these bifurcation points are occurring years apart but are and will continue to occur at an exponentially increasing frequency as we approach the end-date of 21 December 2012.

See the excellent "The Last Multi-Turns of The Spiral of Time Before it Rolls Up to appear in New Reality" PDF for full details.

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This process will continue to occur until 21 December 2012 when these bifurcation points, or major influential events, will occur at the rate of thousands of events per millisecond.

It is not easy to comprehend major events happening at this speed.

My own view is, should ATS prove to be correct, which is by no means certain, and by correlation with many other potential outcomes, is that the very fabric of three dimensional space and time will possibly not be able to accommodate such a focused concentration of global type events together with the truly massive Energy associated with it.

If this proves to be the case then I believe it possible that space and time will simply implode upon itself leaving us in a spaceless, timeless environment.

Now let me say straight away that this scenario would not mean the end of either ourselves or indeed of Earth. All it would mean is that the illusion of space and time that has held mankind prisoner for so long will no longer exist, leaving us to experience full multi-dimensional awareness.

In the Astral worlds, where humans transition after leaving the physical world at the change known as "death", there is no space and time, yet billions of people and other Beings live there in harmony, in a world that is more "real" and more "solid" than Earth could ever be.

This process, if it came to pass, would for all those remaining, usher in a new eschaton for all mankind, and the beginning of a new era of Love, harmony, compassion and

## **31 December 2006 – 2012 follow-up**

all those other attributes that remain unfulfilled in mankind at this time.

Many people, seeing the physical world for the illusion it is, might choose to leave and transition directly to an inner reality of the 4th, 5th or inner densities. Most might choose to remain and build that "kingdom of Heaven on Earth". For followers of Christianity, this may be likened to a "mass ascension" in the footsteps of your "Christ" figure. The rapture process would be the same.

Again - this is only one possible outcome and there is nothing to fear.

There is nothing to fear but fear itself. Only the collective consciousness of mankind can truly determine the outcome of all those quantum probabilities that are currently aligning themselves for 21 December 2012.

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### **31 December 2006** **Attracting your Reality in 2007**

We all create our own reality - a profound truth.

We have unlimited potential as co-creators in the Universe, hand in hand with the Supreme Creator.

While people fail to know, beyond any doubt, that they are indeed God incarnate, and accordingly know no limitations, or see themselves as "mere human" - then those self-imposed limitations will manifest in experiential reality in the form of all those things people are unhappy about today, and they will blame such erroneous factors as "luck", "chance" and "fortune" while blaming everyone but the person that attracted it with limited and wrong thinking - themselves.

If everyone knew they are God, and behaved as God, then we would have that "Kingdom of Heaven on Earth".

Fortunately there is no such thing as "time" - there is only Now, and it is in the Now where you can create the reality of your wishes in 2007.

In 2007 you can create any reality you could wish for - there is nothing you cannot be, do or have.

But first you must know what you wish for - if you do not know the Universe cannot deliver it.

You must be passionate about your wishes. Take 20 minutes or so to shut yourself in a room where you will not be disturbed, relax, and then imagine, experience and live your greatest wish as if it is reality Now - which it really is - simply waiting to manifest in your life.

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Feel all the emotions involved, and above all feel the gratitude.

Afterwards give thanks to the Universe and carry those images, thoughts and emotions with you wherever you go and whatever you do.

Hold them in your waking Mind, and if there are ever any conflicting thoughts, doubts or emotions immediately say aloud or in your Mind "cancel, cancel, cancel" - until they dissipate.

Just before sleep at night and after awaking in the morning go through your wish vividly, with all the emotions as gratitude.

My book, Our Ultimate Reality sets out the full process in great detail, and the Mind Power books library includes hundreds of pages of valuable information on every aspect of effectively using The Law of Attraction to change your life for the better, forever.

Finally I will conclude this section with a passage I have repeated before, but which really cannot be repeated often enough:

I hold it true that thoughts are things -  
They're endowed with bodies and breath and wings -  
And that we send them forth to fill  
The world with good results, or ill.  
That which we call our secret thought  
Speeds forth to earth's remotest spot,  
Leaving its blessings or its woes  
Like tracks behind it as it goes.  
We build our future thought by thought,  
For good or ill, yet know it not.

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Yet, so the universe was wrought.  
Thought is another name for fate -  
Choose, then, thy destiny and wait,  
For love brings love and hate brings hate.

---Henry Van Dyke

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**The  
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